



# Sunday Posolé

made for the Colorado Grain Chain Road Show

## Ingredients

*Makes 3-4 servings*

- 1 cup Ute MT Ute blue corn
- 1/2 tsp cal lime
- 1/2 cup dry beans
- 1 Tbsp olive oil
- 1 cup diced squash
- 1 cup diced tomatoes
- 1/2 cup diced onions
- 2 minced garlic cloves
- 2 Pueblo chilé, roasted, diced
- Dried oregano
- Salt and pepper to taste
- Fresh limes for topping

## Directions

### Evening Before

Rinse corn and beans and set aside. Do not mix. Fill a pot with 2 cups of water. Add cal lime and put on stove. Turn on heat to high. Just before boiling and when cal lime comes to surface of water, add corn. Cook corn for 40 minutes (do not boil). Test corn and try to create a dent with your finger nail. It should be somewhat soft and feel velvety. Turn stove off, cover with lid and let soak overnight or at least for 8 hrs at room temperature.

Soak beans overnight in bowl with double the water.

### Day of

Add corn to a colander, then rinse with water, gently moving corn around. Do not rub corn. Heat a pot with 3-4 cups of water and add corn. Cook for 20 minutes, then add pinto beans. Cook for another 20 minutes.

In the meantime, briefly sauté onion, squash, tomatoes, and garlic in olive oil and add to corn and beans. Then add chilé, oregano, salt and pepper. Gently cook for another 30-40 minutes or until beans and corn are soft.

Enjoy with squeezed lime juice.

