

# Healthy Foods, Healthy Recipes: Seal Posole

Seal is a great source of protein, iron and vitamin A.



## SEAL POSOLE

### INGREDIENTS

- 3 tablespoons olive or canola oil
- 2 pounds seal meat, cut into ½-inch cubes
- 1 cup orange juice
- 2 teaspoons cumin, ground
- 2 teaspoons chili powder
- 4 cups water
- 1 can (15 ounces) mixed vegetables, drained
- 1 can (15 ounces) hominy, drained

### PREPARATION

1. Heat olive or canola oil in pan over medium heat; sear cubed seal meat.
2. Add orange juice and continue heating until reduced by half.
3. Add spices; when you can smell spices, add water and simmer for one hour.
4. When seal is tender, add vegetables and hominy; stir to warm.

*Seal is a delicacy among Alaska Native people who harvest it year round. Some prefer to hunt seal in the early spring when they are fattest and will render the most seal oil.*

*The meat of a seal is a dark, red-black color and can be cooked in any regular meat dish, stewed, fried or eaten plain. Almost every part of the seal is eaten.*

**Our vision is that Alaska Native people are the healthiest people in the world. Learn more at [www.anthc.org](http://www.anthc.org).**



**ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM**