

Chicken Pozole Soup

Ingredients:

- 1 whole chicken with skin removed
- 8 cups water
- 30 ounces hominy, canned
- 1 onion
- 15 ounces low sodium tomatoes, canned
- 1/4 teaspoon pepper
- 2 tablespoons chili powder
- 1/2 teaspoon dried oregano
- 6 lime wedges

Directions

1. Pull skin off of chicken pieces and place in a large pot and add enough water to cover chicken. Simmer over medium heat for 1 hour until chicken is falling off bones.
2. Remove chicken from pot, allow to cool and remove bones. Chop chicken into bite size pieces and set aside. Let broth cool and skim fat from top.
3. Open can of hominy and pour into colander. Rinse under cool water to remove sodium. Allow to drain and set aside.
4. Chop onions into dice. Set aside. Open can of tomatoes, set aside.
5. After skimming off fat, bring broth back to a boil, and add chopped chicken, chopped onion, tomatoes, hominy, pepper, chili powder, and oregano to pot.
6. Cover and simmer for another 45 minutes.
7. Serve with a wedge of lime.

Equipment:

- Stock pot
- Cutting board
- Knife
- Can opener
- Stirring spoon
- Measuring cups
- Measuring spoons
- Colander

Number of Servings: 6
 Prep Time: 20 minutes
 Total Time: 2 hours

For more recipes, please visit:
www.fcs.ext.vt.edu/recipes



Friend us on Facebook and follow us on Twitter

www.facebook.com/vafnp
www.twitter.com/vafnp

Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 272	Calories from Fat 63
%Daily Value*	
Total Fat 7g	11%
Saturated Fat 2g	10%
Cholesterol 65mg	22%
Sodium 394mg	12%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	24%
Protein 25g	50%
Vitamin A 27%	Vitamin C 30%
Iron 17%	Calcium 7%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.