

Chicken Pozole Soup

Makes: 6 servings

This traditional Mexican soup has a deep flavor using a whole chicken. Hominy can be found in the canned food aisle of the grocery store.

Ingredients

- 1 chicken (whole, skinned and cut into pieces)
- 8 cups water
- 1/2 cup onion (chopped)
- 1/4 teaspoon pepper
- 1/4 cup chili powder
- 1 can tomato sauce (8 ounce)
- 1/2 teaspoon oregano (dried)
- 5 cups canned hominy, white or yellow (2 - 15 ounce can, rinsed and drained)
- 3 cups iceberg lettuce (shredded)
- 6 lime wedges

Directions

1. Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer over medium heat for 1 hour.
2. Add the chopped onion, pepper, chili powder, tomato sauce, and oregano to simmering chicken.
3. After the chicken is thoroughly cooked take the pieces out of the pot and remove most of the bones from the chicken and the pot.
4. Return chicken to the pot.
5. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.

Nutrition Information

Nutrients	Amount
Calories	280
Total Fat	7 g
Saturated Fat	2 g
Cholesterol	96 mg
Sodium	690 mg
Total Carbohydrate	24 g
Dietary Fiber	6 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	29 g
Vitamin D	N/A
Calcium	70 mg

6. Serve with lettuce and a wedge of lime.

Notes

To make even healthier, use tomato sauce with no added salt.

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