

Chicken Pozole Soup

Yield 6 servings

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
8 ounces	tomato sauce (canned)
1/2 teaspoon	oregano (dried)
2 cans	hominy, white or yellow (15 ounce, rinsed and drained)
3 cups	iceberg lettuce (shredded)
6	lime wedges

Instructions

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.
6. Serve with lettuce and a wedge of lime.

Cost

Per recipe: \$8.70
Per serving: \$1.45

Source

Oregon State University Cooperative Extension Service, Pictorial Recipes
Lynn Myers Steele, 2000
Oregon Family Nutrition Program

Nutrition Facts	
Serving Size 1/6 of recipe (671g)	
Servings Per Container 6	
Amount Per Serving	
Calories 270	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 680mg	28%
Total Carbohydrate 29g	10%
Dietary Fiber 7g	28%
Sugars 6g	
Protein 27g	
Vitamin A 40%	• Vitamin C 20%
Calcium 8%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

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