

Chicken Pozole Soup

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.

Makes: 6 servings

Ingredients

- 1 whole chicken, skin removed and cut into pieces (or bone-in chicken breasts and thighs)
- 8 cups water
- ½ cup chopped onion
- ¼ teaspoon black pepper
- 4 tablespoons chili powder
- 1 can low-sodium tomato sauce (8 ounces)
- ½ teaspoon dried oregano
- 2 cans hominy, white or yellow, drained and rinsed (15 ounces each)
- 3 cups iceberg lettuce, shredded
- 1 lime, cut into 6 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, black 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 the bones from the chicken and the pot.

4. Return chicken meat to the pot.
5. Add the rinsed hominy to the pot of chicken and simmer for another 45 minutes.
6. Serve with shredded lettuce and a wedge of lime.

Recipe from: Oregon State University Cooperative Extension Service, Oregon Family Nutrition Program, adapted by the USDA Food and Nutrition Administration.

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