

Chicken Pozole

UNIVERSITY OF
UND NORTH DAKOTA
WELLNESS & HEALTH PROMOTION



Ingredients

- 1 whole chicken cooked quartered
- 1 1/2 tbsp olive oil
- 1 yellow onion chopped
- 1-5 jalapeños (to taste) seeded and minced
- 3 garlic cloves minced
- 1 1/2 tsp chili powder
- 1 tsp ground cumin
- 6 cups low sodium chicken broth
- 1 (14.5oz) can petite diced tomatoes
- Salt and pepper to taste
- 2 (15oz) cans hominy (drained)
- 1/4 cup chopped cilantro
- 1 tbsp fresh lime juice

Instructions

- Wash hands with warm, soapy water for 20 seconds. Make sure to wash in between your fingers, around your wrists, and under your finger nails.
- Heat olive oil in a large pot over medium-high heat. Add onion and saute 5 minutes then add jalapeños, garlic, chili powder, and cumin and saute 1 minute longer.
- Pour in chicken broth, tomatoes and season with salt and pepper to taste.
- Bring mixture to a boil then reduce to medium-low, cover and simmer until onions are soft, about 10 minutes.
- Stir in chicken and hominy and heat through, about 1 - 2 minutes. Stir in cilantro and lime juice.
- To serve: place a handful of chopped cabbage in serving bowl ladle soup over cabbage, top with grated cheese, diced avocados, sour cream and serve warm with tortilla chips.

*Chicken will be done when the internal temperature is 165 degrees Fahrenheit.

Nutrition Facts

- Approximately 6 servings
 - Calories: 522
 - Fat: 23 grams
 - Carbohydrates: 50 grams
 - Protein: 30 grams