



Red Pozole

Pozole, which has hominy as its main ingredient, is a traditional soup or stew from Mexico. Hominy is a food produced from treated, dried corn kernels and can be found in many dishes prepared throughout Mexico and Central America.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides 1 ½ oz equivalent meat and ¼ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray	2 sprays		2 sprays		<p>1 Preheat oven to 400 °F.</p> <p>2 Spray sheet pan(s) with nonstick cooking spray.</p> <p>For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.</p> <p>3 Place chicken breasts on a sheet pan (or pans).</p> <p>Bake for 15–25 minutes, until internal temperature reaches 165 °F. For large chicken breasts, cut in half to decrease cooking time.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Chicken breast, boneless, skinless, fresh or frozen, raw	3 lb 4 oz		6 lb 8 oz		

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
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					4 Remove chicken breasts from oven. Let chicken breasts sit for 10 minutes to slightly cool, then dice.
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	5 Heat oil in a large stockpot or a tilting kettle on medium–high heat.
*Onions, fresh, ¼" diced	1 lb 5 oz	1 qt 1 ¼ cup	2 lb 10 oz	2 qt 2½ cup	6 Add onions, and sauté until soft.
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	7 Add garlic, salt, and pepper. Continue cooking on medium–high heat until garlic is fragrant, about 2–3 minutes. Stir frequently.
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	
Tomatoes with juice, canned, diced	1 lb 11 oz	3¼ cup (⅓ No. 10 can)	3 lb 6 oz	1 qt 2½ cup (⅝ No. 10 can)	8 Add cooked chicken, diced tomatoes with juice, tomato paste, hominy, and water. Reduce heat to medium–low, and simmer for 20–30 minutes, stirring occasionally. If too thick, add more water for desired consistency. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Tomato paste, canned	2 oz	¼ cup	4 oz	½ cup	
Hominy, canned, drained	1 lb ¾ oz	3⅞ cup (¼ No. 10 can)	2 lb 1.5 oz	1 qt 2¼ cup (½ No. 10 can)	
Water		2 cup		1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cilantro, fresh, chopped	2 oz	½ cup	4 oz	1 cup	10 Remove pozole from heat, and stir in fresh cilantro.
*Fresh limes, cut into 8 wedges (optional)		25 wedges (about 3½ limes)		50 wedges (about 6½ limes)	11 Serve ½ cup (4 oz ladle). Lime wedge is optional. Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For ½ cup.

NUTRIENTS	AMOUNT
Calories	121
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Total Fat	4 g
Saturated Fat	1 g
Cholesterol	38 mg
Sodium	254 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	13 g
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Vitamin D	N/A
Calcium	27 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 8 oz	3 lb
Garlic	4 cloves	8 cloves
Limes	4 limes	7 limes

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

One clove is about ½ tsp minced.

Variations

Beef may be substituted for the chicken. If chicken is frozen, defrost in the refrigerator for 1 day. Hold raw chicken at 40 °F or lower.

YIELD/VOLUME

25 Servings	50 Servings
6 lb 12½ oz	13 lb 9 oz
3 qt ½ cup	1 gal 2 qt 1 cup

