



## 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.

**Makes:** 6 servings      **Prep time:** 10 minutes  
**Cook time:** 50 minutes

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### INGREDIENTS

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**12½ ounces** chicken breast, boneless, skinless, fresh or frozen, raw

**1 teaspoon** canola oil

**1 ¼ cups** onions, fresh ¼" diced

**1 clove** garlic, fresh, minced (1 clove is about ½ teaspoon minced)

**¼ teaspoon** salt, table

**¼ teaspoon** black pepper, ground

**¾ cup** tomatoes with juice, canned, diced

**1 tablespoon** tomato paste, canned

**¾ cup** hominy, canned, drained

**½ cup** water

**2 tablespoons** cilantro, fresh, chopped

**1 lime**, fresh, cut into eight wedges (optional)

Nonstick cooking spray

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### DIRECTIONS

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1. Preheat oven to 400 °F.
2. Spray baking sheet with nonstick cooking spray.
3. Place chicken breasts on a baking sheet. Bake for 15–25 minutes. Bake until internal temperature reaches 165 °F or higher for at least 15 seconds.
4. Remove chicken breasts from oven. Let chicken breast sit for 10 minutes to cool slightly, then dice.
5. Heat oil in a medium stockpot on medium–high heat.
6. Add onions, and sauté until soft.
7. Add garlic, salt, and pepper. Continue cooking on medium–high heat until garlic is fragrant, 1–2 minutes. Stir frequently.
8. Add cooked chicken, diced tomatoes with juice, tomato paste, hominy, and water. Reduce heat to medium–low, and simmer for 15 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.
9. Remove pozole from heat, and stir in fresh cilantro.
10. Serve ½ cup. Lime wedge is optional.

Critical Control Point: Hold at 140 °F or higher.

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## NUTRITION INFORMATION

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For ½ cup.

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

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

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## CACFP CREDITING INFORMATION

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½ cup provides 1 ½ oz equivalent meat  
and ¼ cup vegetable.

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## CHEF TIPS

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### Variations

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

Beef may be substituted for chicken.

For large chicken breasts, cut in half to decrease cooking time.