



# Chicken Pozole

A rich Mexican stew filled with chicken and hominy, topped with fresh cabbage, radish, and onions.

**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development  
 Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools

**Preparation Time:** 30 minutes

**Cook Time:** 1 hour

**NSLP/SBP crediting information:**

1 cup (8 oz ladle) and ½ cup raw vegetable condiments provide ⅛ cup additional vegetable, ⅛ cup red/orange vegetable, ⅛ cup starchy vegetable, ⅜ cup other vegetable, 2 oz equivalent meats/meat alternates.

| INGREDIENTS                                       | 50 SERVINGS |           | 100 SERVINGS |           | DIRECTIONS   |
|---|-------------|-----------|--------------|-----------|--|
|   | Weight      | Measure   | Weight       | Measure   |  |
| <b>Chili Sauce</b>                                |             |           |              |           |  |
| Chilis, California or Guajillo, whole, dehydrated | 5 oz        | 26 chilis | 10 oz        | 52 chilis | <ol style="list-style-type: none"> <li>1. Submerge the chilis in hot tap water (about 210 °F) for 10 minutes, until soft.</li> <li>2. Remove the stems and put chilis in a blender or food processor with water and blend until smooth.</li> <li>3. Add minced garlic to pureed chilis and blend until smooth.</li> <li>4. Strain the chili sauce through a fine mesh colander. Discard seeds and skin caught by strainer, and reserve chili sauce for use in Step 7.</li> </ol> |
| Water   |             | ⅔ cup     |              | 1 ⅓ cups  |  |
| Garlic, minced                                    | 10 oz       | 2 cups    | 1 lb 5 oz    | 1 qt      |  |



| INGREDIENTS                              | 50 SERVINGS |                     | 100 SERVINGS |                      | DIRECTIONS   |
|--|-------------|---------------------|--------------|----------------------|--|
|  | Weight      | Measure             | Weight       | Measure              |  |
|  |             |                     |              |                      | <p>For 50 servings, resulting chili paste should yield about 1 1/8 cups.</p> <p>For 100 servings, resulting chili paste should yield about 2 1/4 cups.</p>   |
| Vegetable oil                            |             | 1 Tbsp              |              | 2 Tbsp               | <b>5.</b> Heat a steam-jacked kettle or stock pot to medium-high heat. Add the oil and diced onion and stir to combine. Sauté onions for about 10 minutes, or until onions are soft and translucent.   |
| *Onion, raw, diced                       | 2 lb        | 1 gal<br>1 1/2 cups | 4 lb         | 2 gal 3 cups         |  |
| Water                                    |             | 3 gal               |              | 6 gal                | <b>6.</b> Add water to onions and bring to a boil.   |
| Chicken base, reduced sodium             |             | 1/3 cup             |              | 2/3 cup              | <p><b>7.</b> Add chicken base and stir to combine and make sure the base is dissolved. Add chicken, hominy, oregano, and reserved chili sauce from Step 4. Reduce heat and simmer for about 30 minutes to 1 hour.</p> <p><b>Critical Control Point:</b> Heat to an internal temperature of 165 °F for at least 15 seconds. Hold for hot service at 140 °F or higher through service.</p> |
| Chicken, skinless, diced, cooked, frozen | 7 lb        | 1 gal 1 qt<br>1 cup | 13 lb        | 2 gal 2 qt<br>2 cups |  |
| Hominy, canned, drained and rinsed       | 6 lb        | 1 No. 10 can        | 12 lb        | 2 No.10 cans         |  |
| Oregano, dried                           | 16 g        | 1/3 cup             | 32 g         | 2/3 cup              |  |
| Chili sauce, reserved from Step 4        |             | 1 3/4 cup           |              | 3 1/3 cup            |  |
| *Green cabbage, shredded                 | 1 lb 8 oz   |                     | 3 lb         |                      | <b>8.</b> Portion soup into bowls using an 8 oz ladle. Top each bowl with 1/2 cup total cabbage, radish, and fresh onion.  |



| INGREDIENTS            | 50 SERVINGS |         | 100 SERVINGS |         | DIRECTIONS |
|------------------------|-------------|---------|--------------|---------|------------|
|                        | Weight      | Measure | Weight       | Measure |            |
| *Radish, thinly sliced | 1 lb 8 oz   |         | 3 lb         |         |            |
| *Onion, fresh, diced   | 1 lb 8 oz   |         | 3 lb         |         |            |



**CHICKEN POZOLE  
NUTRITION INFORMATION**

For 1 cup (8 fl oz)

**NUTRIENTS** **AMOUNT**  
**Calories** **204**

|                            |               |
|----------------------------|---------------|
| <b>Total Fat</b>           | <b>6 g</b>    |
| Saturated Fat              | 1 g           |
| Cholesterol                | 59 mg         |
| <b>Sodium</b>              | <b>271 mg</b> |
| <b>Total Carbohydrates</b> | <b>16 g</b>   |
| Dietary Fiber Total        | 3 g           |
| Sugars                     | 3 g           |
| Added Sugars included      | 0 g           |
| <b>Protein</b>             | <b>21 g</b>   |
| <hr/>                      |               |
| Vitamin A                  | 189 mcg RAE   |
| Vitamin C                  | 11 mg         |
| Vitamin D                  | 3 IU          |
| Calcium                    | 50 mg         |
| Iron                       | 2 mg          |
| Potassium                  | 357 mg        |

N/A=data not available.

**\*MARKETING GUIDE**

| Food as Purchased for         | 50 Servings | 100 Servings |
|-------------------------------|-------------|--------------|
| Onions, mature, fresh, whole  | 4 lb        | 8 lb         |
| Cabbage, fresh, whole         | 1 lb 12 oz  | 3 lb 8 oz    |
| Radishes, fresh, without tops | 1 lb 10 oz  | 3 lb 4 oz    |

**NOTES**

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

Cooking Process #2: Same Day Service

**YIELD/VOLUME**

| 50 Servings             | 100 Servings          |
|-------------------------|-----------------------|
| About 3 gal 2 cups soup | About 6 gal 1 qt soup |

**SOURCE:**

FY 2021 Cohort A Team Nutrition Training Grant

