Red Pozole

Red 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

INGREDIENTS

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

1 teaspoon canola oil

1¼ 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

⅔ 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

DIRECTIONS

1. Preheat oven to 400 °F. Spray baking sheet with nonstick cooking spray.

2. 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.

3. Remove chicken breasts from oven. Let chicken breast sit for 10 minutes to cool slightly, then dice.


5. Add onions, and sauté until soft.

6. Add garlic, salt, and pepper. Continue cooking on medium–high heat until garlic is fragrant, 1–2 minutes. Stir frequently.

7. 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.

8. Remove pozole from heat, and stir in fresh cilantro.


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

For ½ cup.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>121</td>
</tr>
<tr>
<td>Total Fat</td>
<td>4 g</td>
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<tr>
<td>Saturated Fat</td>
<td>1 g</td>
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<tr>
<td>Cholesterol</td>
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<td>Sodium</td>
<td>254 mg</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Total Sugars</td>
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<tr>
<td>Added Sugars included</td>
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<tr>
<td>Protein</td>
<td>13 g</td>
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</tbody>
</table>

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

CACFP CREDITING INFORMATION

½ cup provides 1½ oz equivalent meat and ¼ cup vegetable.

CHEF TIPS

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.