

Chicken Pozole Soup

Ingredients

Makes 6 servings

1 whole chicken, skinned and cut-up



8 cups water



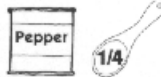
1/2 cup onion, chopped



1 teaspoon salt



1/4 teaspoon pepper



1 can (10-oz.) red chili sauce or



1/4 cup chili powder and 1 8-oz. can tomato sauce



1/2 teaspoon dried oregano



2 cans (15-oz.) each white or yellow hominy, rinsed and drained



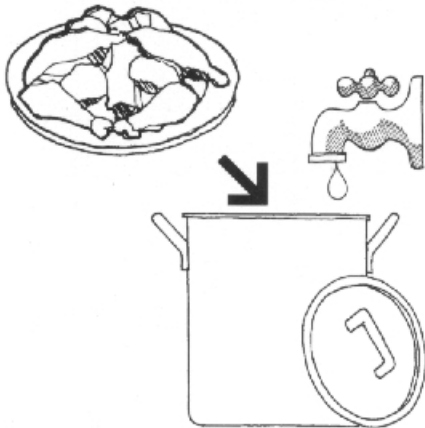
3 cups iceberg lettuce, shredded



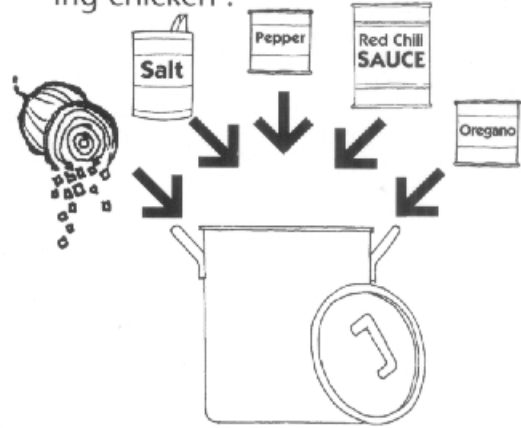
6 lime wedges



1 Put chicken pieces in a large pot and cover with the 8 cups of water. Simmer on medium heat for 1 hour.



2 Add the chopped onion, salt, pepper, chili sauce, and oregano to simmering chicken.



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Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Multnomah County.

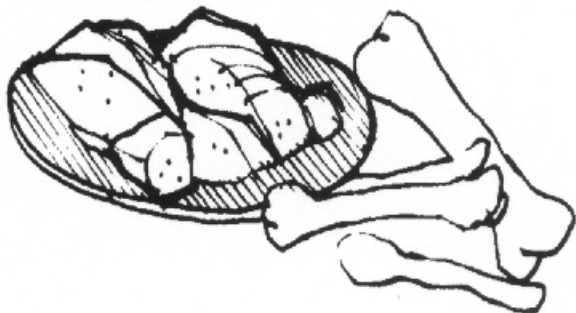
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Developed for use with Spanish speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and Leticia Baldwin, Nutrition Assistant, Oregon Family Nutrition Program (OFNP), Hispanic Office, Multnomah County, 1998.

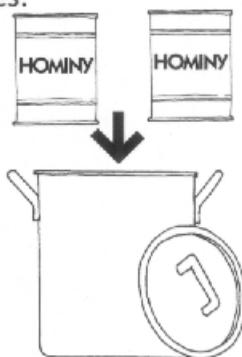
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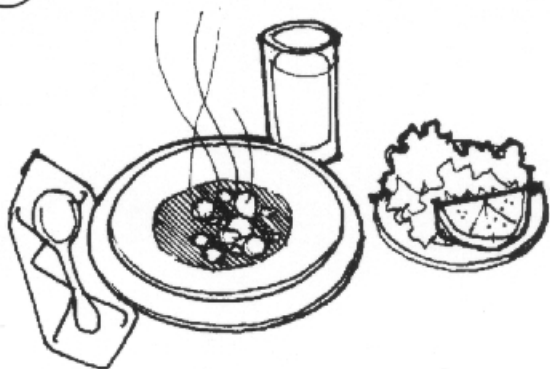
- 3** After the chicken is thoroughly cooked, remove most of the bones. Return chicken to pot.



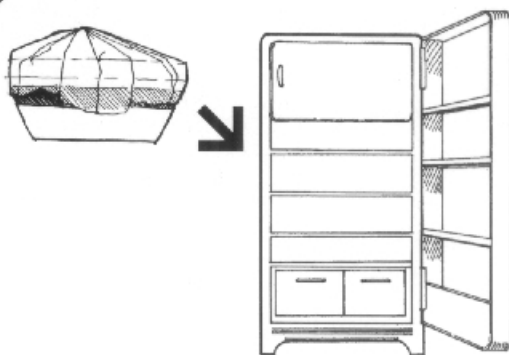
- 4** Add rinsed hominy to the pot of chicken and simmer for another 45 minutes.



- 5** Serve with lettuce and a wedge of lime.



- 6** Refrigerate leftovers within 2 hours.



Chicken Pozole Soup gives us:

B
VITAMINS

Turns food into energy.



Builds and repairs skin,
muscle and blood.