Chicken Pozole Soup

Ingredients:
- 1 whole chicken with skin removed
- 8 cups water
- 30 ounces hominy, canned
- 1 onion
- 15 ounces low sodium tomatoes, canned
- 1/4 teaspoon pepper
- 2 tablespoons chili powder
- 1/2 teaspoon dried oregano
- 6 lime wedges

Equipment:
- Stock pot
- Cutting board
- Knife
- Can opener
- Stirring spoon
- Measuring cups
- Measuring spoons
- Colander

Directions
1. Pull skin off of chicken pieces and place in a large pot and add enough water to cover chicken. Simmer over medium heat for 1 hour until chicken is falling off bones.
2. Remove chicken from pot, allow to cool and remove bones. Chop chicken into bite size pieces and set aside. Let broth cool and skim fat from top.
3. Open can of hominy and pour into colander. Rinse under cool water to remove sodium. Allow to drain and set aside.
5. After skimming off fat, bring broth back to a boil, and add chopped chicken, chopped onion, tomatoes, hominy, pepper, chili powder, and oregano to pot.
6. Cover and simmer for another 45 minutes.
7. Serve with a wedge of lime.

Nutrition Facts
- Serving Size: 1 1/2 cups
- Servings: 6
- Calories: 272
- Calories from Fat: 63
- Total Fat: 7g (11%)
- Saturated Fat: 2g (10%)
- Cholesterol: 65mg (22%)
- Sodium: 394mg (12%)
- Total Carbohydrate: 28g (9%)
- Dietary Fiber: 6g (24%)
- Protein: 25g (50%)
- Vitamin A: 27%
- Vitamin C: 30%
- Iron: 17%
- Calcium: 7%

*Percent Daily Values are based on a 2,000 calorie diet.