

## 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

### 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.
4. Chop onions into dice. Set aside. Open can of tomatoes, 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.

### Equipment:

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

Number of Servings: 6  
 Prep Time: 20 minutes  
 Total Time: 2 hours

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### Nutrition Facts

Serving Size: 1 1/2 cups	
Servings: 6	
Amount Per Serving	
Calories 272	Calories from Fat 63
%Daily Value*	
<b>Total Fat</b> 7g	<b>11%</b>
Saturated Fat 2g	10%
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 394mg	<b>12%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 6g	24%
<b>Protein</b> 25g	<b>50%</b>
Vitamin A 27%	Vitamin C 30%
Iron 17%	Calcium 7%
*Percent Daily Values are based on a 2,000 calorie diet.	

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