



Easy Pozole Soup

Prep Time: 30 min

Cook time: 15 min

Serves 6

INGREDIENTS

- 2 Tbsp oil
- 1 small yellow onion, diced
- 2 Tbsp chili powder
- 2 cups water
- 3 oz. tomato paste
- ½ tsp cumin
- ½ tsp garlic powder
- ¼ tsp cayenne pepper (optional)
- ¾ tsp salt
- 3 cups chicken broth
- 1-12.5 oz. can chicken or 1½ cups shredded chicken
- 4 oz. can chopped green chiles
- 15 oz. can hominy, drained
- 1 fresh lime
- ½ bunch fresh cilantro
- Optional: chopped radish

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Add the oil to a large soup pot and heat over medium heat. Add the diced onion and sauté for 3-5 minutes, or until it is soft. Add chili powder and continue to sauté for two more minutes. Stir continuously to prevent burning.
2. Add the water, tomato paste, cumin, garlic powder, cayenne pepper, and salt to the pot. Stir until the tomato paste is dissolved and bring to a simmer.
3. Add the chicken broth, shredded chicken, diced chiles, and hominy. Stir to combine and then heat through (about 10 minutes).
4. Cut the lime into wedges and roughly chop the cilantro. Top each bowl with chopped cilantro, a wedge of lime to squeeze over top and chopped radish, if using.

Pozole is a traditional Mexican soup. **Hominy** is made of dried corn kernels that have been soaked in lye. The lye softens the corn. It also makes it easier to digest the B vitamins in the corn. Hominy can be eaten as whole kernels or ground into masa. Masa is the flour used to make corn tortillas.



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