

Posole Mexican Chicken & Hominy Stew

Serving Size: 1/10th of recipe

Serves: 10

Ingredients

2 lbs boneless chicken breasts
8 cups low sodium chicken broth
Water, as needed to cover the chicken
1 medium onion, chopped
1 teaspoon salt (optional)
1 head or bulb of garlic, minced (save 2 cloves minced separately)
1 dried ancho chile
5 dried guajillo chile
1 dried arbol chile (optional)
2 cups water
Pinch of salt to taste
2 (15 oz) cans hominy
½ teaspoon dried oregano
1-2 bay leaves

Directions

In a large stock pot, cover the chicken with broth and water. Add the onion, salt and the head of garlic (save 2 cloves for the chili sauce). Bring the water to a boil and cover. Cook the chicken until done, about 20 minutes.

Break the stems off the chilies and shake out the seeds. In a small pot, bring water to a boil. Add the dried chilies and remove from heat to rehydrate, about 20 minutes. In a blender, blend the rehydrated chilies, the reserved 2 cloves of garlic and salt with 1½ cups of the water used to rehydrate the chilies.

Remove the chicken from the pot and chop into bite-size pieces. Return the chicken to the pot. Heat to medium and add the hominy and chili sauce to the pot. Cover and simmer for 20 minutes. Add the oregano and bay leaf during the last 15 minutes of cooking.

Top with your choice of sliced radishes, shredded cabbage, sliced green onion, lime wedges, diced avocado, shredded cheese, sour cream, diced tomato and serve with tortillas, bolillos (a crusty Mexican bread) or tortilla chips.

Exchanges per serving:

2 Lean Meats, 1 Starch, 1 Vegetable

Nutrients per serving:

Calories: 216

Calories from fat: 30

Total Fat: 3.3g

Cholesterol: 0mg

Sodium: 621mg

Total Carbohydrate: 26.6g

Dietary Fiber: 3.3g

Protein: 19g