



# Pozole

*A great recipe to make for birthdays or special occasions!*

**Makes 4 servings.** *1½ cups per serving.* | **Prep time:** 15 minutes | **Cook time:** 2 hours

## **Nonstick cooking spray**

- 1 pound lean pork, cut into small cubes**
- 1½ cups chopped onion**
- 2 cups canned reduced sodium chicken broth, divided**
- 2 (8-ounce) cans no salt added tomato sauce**
- 4 dried ancho chiles, stemmed, seeded, and torn into strips**
- 2 cloves garlic**
- 1 teaspoon ground cumin**
- 1 teaspoon dried oregano**
- 1½ cups canned hominy, drained**

## **Optional Toppings**

- Shredded cabbage**
- Sliced radishes**
- Chopped onion**
- Dried oregano**

1. Spray a large pot with nonstick cooking spray and place over medium-high heat. Add pork, turning to brown all sides.
2. Add onion and cook for 5 more minutes to brown onion.
3. Put 1 cup broth, tomato sauce, chiles, and garlic in a blender container and cover with a tight fitting lid. Blend until mixture is smooth. Add mixture and remaining cup of broth, cumin, oregano, and hominy to the pot.
4. Bring to a boil; reduce heat and simmer, covered, for 1½ hours or until meat is very tender.
5. Serve hot with cabbage, radishes, onion, and dried oregano, if you like.

**tip:** This dish is even more flavorful served the next day! Add a little water or more broth if you like a thinner pozole.



**Nutrition  
information  
per serving:**

Calories

320

Carbohydrate

37 g

Dietary Fiber

9 g

Protein

30 g

Total Fat

7 g

Saturated Fat

2 g

Trans Fat

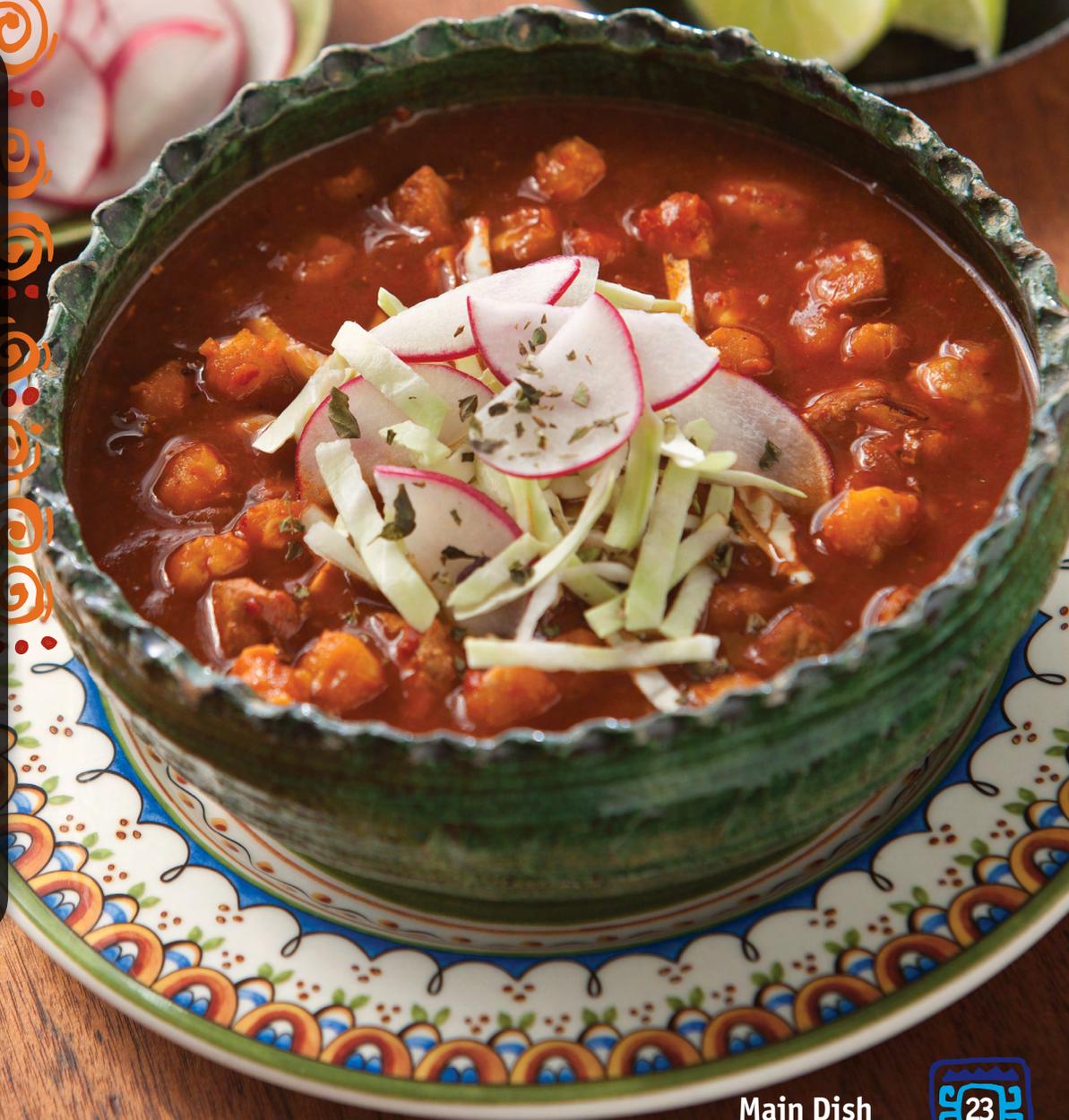
0 g

Cholesterol

50 mg

Sodium

550 mg



Main Dish