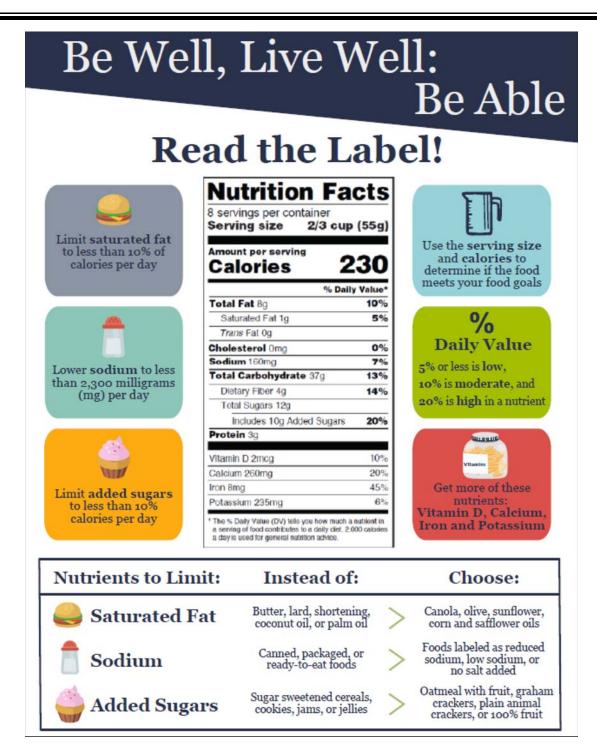


IN THE KNOW ABOUT NUTRITION

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Recipe: Mexican Pozole Soup



Nutrition Fa	acts
10 servings per container Serving size	1 cup
Amount per serving Calories	200
% C	aily Value*
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 65mg	22%
Sodium 550mg	24%
Total Carbohydrate 19g	7%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 45mg	4%
Iron 2mg	10%
Potassium 509mg	10%

"The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

- 2 pounds skinless boneless chicken thighs
- 1 can (15-ounces) stewed tomatoes, no salt added
- 1/4 cup tomato paste
- 1 can (30 ounces) hominy, drained
- 1 large onion
- 1 can (4 ounces) diced green chilies
- 4-6 garlic cloves, finely chopped
- 2 teaspoons dried oregano flakes (may be sold as leaves)
- 1 teaspoon cumin
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1/2 cup water
- 1/4 cup cilantro, chopped (or more to taste)

Directions

Makes: 10 1-cup servings Prep: ____ minutes

Wash your hands and clean your cooking area.

2) Place the meat in a 4-quart slow cooker. Add the stewed tomatoes, tomato paste, hominy, onion, chilies, garlic, oregano, cumin, salt, and pepper.

3) Pour in 1/2 cup water and stir to combine all ingredients.

4) Cover, and cook on low for 6-7 hours or on high for 3-4 hours.

5) Make sure the meat reaches an internal temperature of 145 °F for pork or 165 °F for chicken. Shred the meat before serving.

6) Top with chopped cilantro and enjoy!

Note: If you have pork loin on hand, you can use this in place of chicken thighs.

Designed by: Marissa Albers, Technician II, Food & Nutrition Unit The members of Texas A&M Agril ife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, gender identity, or gender expression.© Texas A&M AgriLife Extension Service. 2/18.



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