



Pozole: Thank you for trying our Pozole! Just a reminder that all these lessons are designed for kids to cook with their parents or another adult. Use of knives, kitchen tools, stoves, ovens, or other sharp or hot items should always be closely supervised. Our lessons are broken into steps. There will be a short video and then an instruction screen with a pause symbol. Please pause the video between each step or before using knives or starting the instructions.

Vegetarians, please note that there is meat throughout this video particularly in time stamp (8:32- 9:03) which you can skip.

Shopping and Prep for Parents

Shopping & Ingredients:

- 2 boneless skinless chicken breasts, cooked and shredded. (vegetarians can substitute with 1-2 cans beans of choice)
- 3 Tbs oil or butter
- 1 cloves of garlic, minced
- 1/2 onion, fine diced
- 1 celery, fine diced
- 1 carrot, fine diced
- 1 (15oz) can of diced tomatoes
- 1 cup mild red enchilada sauce
** to cut the spice level we did ½ cup enchilada sauce and ½ cup tomato sauce.*
- 1/2 tsp salt
- 1 tsp cumin
- 1 tsp oregano
- Chili powder or cayenne to preference (optional)
- 4 cups stock (chicken or vegetable)
- 1 can hominy rinsed and drained

Garnish (optional):

- 1 lime, sliced and wedged
- 1/4 cup sliced radish
- 1/4 cup cilantro leaves
- 1/2 cup shredded cabbage
- Avocado, sliced
- Sour cream

Parental Prep:

1. Poach and shred chicken. Here's a link for how to poach and shred chicken.
<https://www.delish.com/cooking/recipe-ideas/a25661301/how-to-shred-chicken/>
Or rinse and drain 1-2 cans of beans of choice.
2. Parents please wash and trim all veggies.
3. With close supervision, students can help peel carrot if needed.
4. Parents please cut the following:
 - Halve the onion
 - Halve or quarter the carrot lengthways depending on its size.
 - Open cans
 - Rinse and drain hominy
 - Halve radishes
 - Halve limes

Tools:

- Cutting board
- 6-7 inch chef's knife
- Plastic lettuce knife or butter knife
- Container for scraps
- Container for cut veggies
- Large heat-safe mixing spoon
- 6-8 quart pot
- Liquid measuring cup
- Measuring cups
- Measuring spoons
- Containers for garnishes



Pozole: A traditional Mexican soup with hominy, chicken or beans and vegetables. Often garnished with shredded cabbage and radishes.

Recipe Instructions:

1. Poach and shred chicken or rinse and drain beans.
2. Heat the oil in a large 6-8 quart pot over medium high heat.
3. Sauté diced onion until translucent (2-3 minutes). Add carrot, celery, and garlic, and cook another 5 minutes.
4. Mix in diced tomatoes and enchilada sauce. Let cook 5 minutes
5. Add cumin, oregano, chili powder, and salt. Cook until fragrant, about 1 minute.
6. Add hominy, shredded chicken or beans, and potatoes and stir. Let cook another 5 minutes,
7. Add 4 cups broth to the pot and bring to a simmer.
8. Simmer for 20 minutes, stirring occasionally.
9. Prep all your garnishes.
10. Serve with cilantro and lime and any other garnishes you have!

DID YOU KNOW?

History: Similar to many Mexican dishes, the name Pozole originates from Nahuatl and has a significant history. The main ingredient in Pozole is Hominy, which is made from whole corn kernels that have been soaked in a lye or lime solution to soften the tough outer hulls, naturally preserve it and make it more digestible! ... (You cook dried hominy exactly like dried beans.) Hominy is also sometimes cracked to make samp, coarsely ground into grits, or very finely ground to make masa flour.

Approximate Nutrition Info

Servings: 6, Amount per serving:

Calories	232
Total Fat	8.2g
Saturated Fat	1.2g
Cholesterol	24mg
Sodium	878mg
Total Carbohydrate	14.9g
Dietary Fiber	2.3g
Total Sugars	3.5g
Protein	21.1g
Vitamin D	0mcg
Calcium	31mg
Iron	3mg
Potassium	194mg