

# Lazy Sari Pozole

EASY LEVEL | 50 MINUTES TOTAL TIME | 9 INGREDIENTS



## Pozole or Posole?

I say Pozole, you say Posole. What is a girl to do? Call it whatever you want, but don't call me late for dinner.

The word pozole comes from Nahuatl which is the language of the Aztecs and the Toltecs. It is still widely spoken in Central and Southern Mexico, so to honor that lineage, I prefer to call it pozole.

## Quick and Easy Pozole Hack

Are you looking for a quick way to feed your family a healthy and delicious meal that will make them proud of their roots, and their panzas happy? This easy-to-make recipe is for you! Add the fresh garnish of shredded cabbage or lettuce, sliced radishes, cilantro and green onion and make it a balanced meal. Chop up a few cubes of avocado to make it even more nutritious. Get your protein, whole grains, veggies and good fat ¡AQUI! All in one amazing bowl!

Pozole is the classic celebratory dish for the holidays. It smells of Christmas Eve and a piñon fire, of walking down a lane lit up by luminarias or farolitos. But don't wait for Christmas to make this tasty dish. Add it to your go-to meals and whip it up faster than you can say Betty Crocker!

## Change it Up!

There are several ways to make pozole and this one is for the Super Mujer on-the-go. Some pozole connoisseurs would take issue with us using canned hominy, and I get it. If you have the

time, buy the nixtamal (that is the Nahuatl word for hominy), dry or frozen, and soak it or cook it for a longer period of time...This adds time to the process but well worth it. Nixtamal is much tastier when you use the dried or frozen variety. But if you're busy, and we know you are, the canned hominy "se defiende." It holds up! And once it's cooked up with the chicken and the chiles, and you inhale the aroma, it will take you home. Try it and let us know how it goes!

For a New Mexican twist on the Lazy Sari Pozole, replace the poblano and Anaheim with ½ cup of good quality New Mexican red chile powder. Bueno has a great powdered chile! You can pick it up at any store in New Mexico, but there are other sources of red chile that you can find in other parts of the southwest and Califas.

We could write a book on pozole, Comadre, but try this one on a chilly evening with your familia and kick-off a lovely holiday season!

¡Buen Provecho!

## Ingredients

- 1 tablespoon olive oil
- 4 green onions, diced
- 1 large poblano pepper, seeded, cored and diced
- 1 medium Anaheim chile, seeded, cored and diced
- 2 garlic cloves, minced
- 8 cups chicken broth
- 1 (14-ounce) can posole (white hominy), drained and rinsed
- 1 pound cooked, skinless, shredded chicken
- Desired garnishes (see below)

## Step by step

### Step 1

1. Heat oil in a large stockpot over medium-high heat.

### Step 2

1. Add onion, poblano and Anaheim chiles and sauté for 5 to 8 minutes, or until the onion is soft and translucent, stirring occasionally.

### Step 3

1. Add garlic and sauté for an additional minute, stirring so it doesn't burn.

### Step 4

1. Add chicken broth, hominy and cooked chicken; stir to combine.

### Step 5

1. Once the mixture boils, reduce heat to low and simmer for 5 minutes.

### Step 6

1. Taste, and season with salt and pepper if needed.

### Step 7

1. Serve hot, topped with your desired garnishes, such as diced avocado, chopped fresh cilantro, thinly sliced or julienned radishes, lime wedges, shredded cabbage or shredded lettuce.

**Serving Suggestion:** Serve with 2 small corn tortillas.

## Nutrition Information

Total grams per serving: 366 g; Calories 130; Total Fat 3.5 g (Sat 0 g, Trans 0 g, Poly 0.1 g, Mono 1.3 g); Cholesterol 30 mg; Sodium 1050 mg; Total Carbohydrates 11 g; Dietary Fiber 2 g; Total Sugars 2 g; Protein 15 g; Vitamin D 0 mg; Calcium 6.7 mg; Iron 1 mg; Potassium 55 mg.  
One serving = 1 cup.