

Easy Chicken Posole

Author: Inspired by a Gourmet Magazine recipe

Carolyn T's
Main Cookbook

Servings: 8



4 cups chicken breast, cooked, cubed

SOUP:

2 slices bacon, chopped (optional)

1 whole yellow onion, chopped

32 ounces hominy, canned, drained

28 ounces canned tomatoes, [I used Muir Glen Adobo Fire Roasted]

4 teaspoons dried oregano

4 ounces green chiles, canned mild

Anaheim type or 1-2 chopped jalapeno chiles fresh

4 cups chicken broth, [I used pork broth from Penzey's]

2 tablespoons dried celery flakes (or 1 cup minced celery)

2 tablespoons dried red bell pepper flakes (or 1 cup minced fresh)

2 tablespoons Aleppo pepper, or chili powder

GARNISHES:

1 1/2 cups shredded lettuce, or cabbage

1/2 cup radishes, sliced

1/2 cup green onions, sliced

1 cup Monterey jack cheese, shredded

6 tablespoons sour cream

1 whole avocado, diced

Serving Ideas: Since the posole really has "salad" underneath it, it's a perfect one-dish-meal. You can serve with hot flour tortillas if desired.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

Per Serving (excluding unknown items): 425 Calories; 22g Fat (46.2% calories from fat); 30g Protein; 27g Carbohydrate; 6g Dietary Fiber; 79mg Cholesterol; 940mg Sodium. Exchanges: 1 Grain(Starch); 3 1/2 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 2 Fat.

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Notes: Bacon is not traditional, but pork is, so I added the bacon instead. Celery also isn't standard, but I like the flavor it adds. Make your own choices about toppings - use some or all. Or change them to suit your family's likes and dislikes.

Description: Sensational. Do buy the Penzey's broth concentrate if you can.

1. In a large saucepan gently saute the bacon until it's rendered some of its fat. Add onion and continue cooking until the onion has become translucent, about 4-8 minutes.

2. Add hominy, stewed tomatoes, oregano, broth, green chiles, aleppo pepper, celery and red pepper flakes. Bring to boil. Reduce heat; cover and simmer until slightly thickened, stirring often, about 45 minutes. Stir in shredded chicken. Season with salt, pepper and hot pepper sauce, if desired. (Can be prepared 1 day ahead. Cover; chill. Bring to simmer before serving.)

3. Divide shredded lettuce, sliced radishes, green onions, avocado and sour cream equally among soup bowls. Ladle posole into each bowl. Top posole with grated Monterey Jack cheese and serve.