



Red Pozole

Pozole, which means hominy, is a traditional soup or stew from Mexico. Hominy is a food produced from treated, dried corn kernels and can be found in many dishes prepared throughout Mexico and Central America. When served, it often includes add-ins such as radishes, shredded cabbage, cilantro, lime, and avocado.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides 1.5 oz equivalent meat and ¼ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Preheat oven to 400 °F.
					<ol style="list-style-type: none"> 2 For 25 servings, use 1 sheet pan. For 50 servings, use 2 sheet pans.
Nonstick cooking spray	2 sprays		2 sprays		<ol style="list-style-type: none"> 3 Spray sheet pan (or pans) with nonstick cooking spray. Add onions and sauté until tender, about 5 minutes.
Chicken breast, boneless, skinless, fresh or frozen, raw, ½" diced	3 lb 4 oz		6 lb 8 oz		<ol style="list-style-type: none"> 4 Place chicken breasts on a sheet pan (or pans). Bake for 15–25 minutes. Bake until internal temperature reaches 165 °F. For large chicken breasts, cut in half to decrease cooking time.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					5 Remove chicken breasts from oven. Let chicken breasts sit for 10 minutes to slightly cool, then dice. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canola oil		1 Tbsp 1 tsp		2 Tbsp 2 tsp	6 Heat oil in a large stockpot or a tilting kettle on medium-high heat.
*Onions, raw, ¼" diced	1 lb 5 oz	1 qt 1¼ cup	2 lb 10 oz	2 qt 2½ cup	7 Add onions, and sauté until soft.
*Garlic, fresh, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	8 Add garlic, salt, and pepper. Continue cooking on medium-high heat until garlic is fragrant, about 2–3 minutes. Stir frequently.
Salt, table		1 tsp		2 tsp	
Black pepper, ground		1 tsp		2 tsp	
Tomatoes with juice, canned, diced	1 lb 11 oz	¾ cup (⅓ No. 10 can)	3 lb 6 oz	1 qt 2½ cup (⅝ No. 10 can)	9 Add cooked chicken, diced tomatoes with juice, tomato paste, hominy, and water. Reduce heat to medium-low, and simmer for 20–30 minutes, stirring occasionally. If too thick, add more water for desired consistency. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Tomato paste, canned	2 oz	¼ cup	4 oz	½ cup	
Hominy, canned, drained	1 lb ¾ oz	¾ cup (¼ No. 10 can)	2 lb 1.5 oz	1 qt ¼ cup (½ No. 10 can)	
Water		2 cup		1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Cilantro	2 oz	½ cup	4 oz	1 cup	10 Remove pozole from heat, and stir in fresh cilantro. Serve with a lime wedge (optional).
*Fresh limes, cut into 8 wedges (optional)		25 wedges (about 3½ limes)		50 wedges (about 6½ limes)	11 Serve ½ cup (4 oz ladle). Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For ½ cup.

NUTRIENTS	AMOUNT
Calories	121
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	38 mg
Sodium	254 mg
Total Carbohydrate	7 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	13 g
Vitamin D	N/A
Calcium	27 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 8 oz	3 lb
Limes	4 limes	7 limes
Garlic	4 cloves	8 cloves

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

One clove is about ½ tsp minced.

Variations

Beef may be substituted for the chicken. If chicken is frozen, defrost in the refrigerator for 1 day. Hold raw chicken at 40 °F or lower.

YIELD/VOLUME

25 Servings	50 Servings
6 lb 12½ oz	13 lb 9 oz
3 qt ½ cup	1 gal 2 qt 1 cup

