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Pozole

Budget-friendly recipe

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Serves: 4

Ready in: 2 hours 15 mins.

A great recipe to make for birthdays or special occasions!

Ingredients

Nonstick cooking spray

1 pound pork *Lean, cut into small cubes*

1½ cups Onion *chopped*

2 cups Chicken broth *reduced sodium, divided*

16 ounces Tomato sauce *canned no salt added*

4 Ancho chiles *Dried, stemmed, seeded, and torn into strips*

2 Garlic

1 teaspoon Cumin *Ground*

1 teaspoon Oregano *Dried*

1½ cups Canned hominy *drained*

Toppings *optional, shredded cabbage, sliced radishes, chopped onion, dried oregano*



Directions

1. Spray a large pot with nonstick cooking spray and place over medium-high heat. Add pork, turning to brown all sides.
2. Add onion and cook for 5 more minutes to brown onion.
3. Put 1 cup broth, tomato sauce, chiles, and garlic in a blender container and cover with a tight fitting lid. Blend until mixture is smooth. Add mixture and remaining cup of broth, cumin, oregano, and hominy to the pot.
4. Bring to a boil; reduce heat and simmer, covered, for 1½ hours or until meat is very tender.
5. Serve hot with cabbage, radishes, onion, and dried oregano, if you like.

Chef Tips

This dish is even more flavorful served the next day! Add a little water or more broth if you like a thinner pozole.

Nutrition Info and more

Serving size: 1½ cups

Total calories: 320 Total fat: 7 g Saturated fat: 2 g Carbohydrates: 37 g Protein: 30 g Fiber: 9 g Sodium: 550 mg