MEXICAN · LUNCH · DINNER

Pozole Verde de Pollo (Green Chicken and Hominy Soup)

160 min · Serves 10 · 474 kcal a serve · Video 8:38 · Jauja Cocina Mexicana

Gluten-free ingredients · No dairy listed · No nuts listed

A big pot of soup packed with greens: each serve gives about 33 g protein from chicken and pepitas and around 6 g fibre from hominy, greens and toppings, plus vitamin C and magnesium.

Diet notes: Low saturated fat (4.3 g, 8% of the energy).

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Ingredients 27 · SERVES 10

- [ ] 400 g **dried peeled hominy** (maíz pozolero), soaked overnight – or 550 g pre-cooked hominy
- [ ] 4½ litres **water** for cooking the corn (about 2 litres stays as broth)
- [ ] 2 heads **garlic**, halved (removed before serving)
- [ ] 1 **onion** (removed before serving)
- [ ] 1¾ kg **chicken** pieces (legs and thighs), skin removed from some
- [ ] 2¼ tsp **salt**, added once the corn has burst open
- [ ] 100 g **pepitas** (hulled pumpkin seeds)
- [ ] 2 **poblano chillies**, charred and peeled
- [ ] 400 g **tomatillos** (tomate verde)
- [ ] 2 **jalapeños**
- [ ] ½ **onion**
- [ ] 6–8 **garlic** cloves
- [ ] 1 tsp **dried oregano**
- [ ] 180 ml **water** for blending
- [ ] 1 small bunch **spinach**
- [ ] 1 bunch **coriander**
- [ ] 1 bunch **radish leaves**
- [ ] **epazote leaves** from 3 sprigs
- [ ] 1 tbsp **vegetable oil**
- [ ] 1 tsp **salt** for the salsa
- [ ] chopped **serrano chilli**, to serve
- [ ] **lime wedges**, to serve
- [ ] shredded **lettuce**, to serve
- [ ] chopped **onion**, to serve
- [ ] sliced **radishes**, to serve
- [ ] **avocado**, to serve
- [ ] extra **dried oregano**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: none. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Bring the dried hominy to the boil for 3–4 minutes, then turn off the heat and leave it to soak overnight. Drain and pinch off the hard tip of each kernel so it blooms. (Pre-cooked hominy just needs rinsing until the water runs clear.) 0:49
2. Add the hominy to plenty of boiling water (7–10 cm above the corn) with the halved garlic and the onion. Simmer unsalted for about 1½ hours until the kernels burst open, topping up with very hot water. 1:54
3. Add the chicken pieces and the salt and simmer about 45 minutes until cooked. Lift out the chicken to cool and shred it; discard the garlic and onion. 3:26
4. For the salsa, toast the pepitas in a dry pan until they puff, and char, sweat and peel the poblanos. Simmer the tomatillos and jalapeños until soft without letting them burst, then seed the jalapeños. 2:36
5. Blend the poblanos, tomatillos, jalapeños, pepitas, ½ onion, garlic and oregano with the 180 ml water, then add the spinach, coriander, radish leaves and epazote and blend until very smooth. 4:07
6. Fry the salsa in the oil with 1 tsp salt for about 20 minutes, stirring. Pour it into the pozole, return the chicken and simmer a few minutes. Serve with serrano, lime, lettuce, onion, radish, avocado and oregano. 5:54

> **Tip** Serves about 10 (our estimate). Time excludes the overnight soak. Removing some chicken skin keeps the broth lighter. Freezes well without the fresh toppings. Pre-cooked hominy works the same way after a good rinse.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE
474 kcal	33 g	41 g
1,980 kJ	66% of a day	34 g net · 4.1 g sugars
		15% of a day

FIBRE	FAT	SODIUM
6.4 g	20 g	860 mg
23% of a day	4.3 g saturated	38% of a day
	26% of a day	

Energy from net carbs 30% · protein 29% · fat 41%

High in (20%+ of a day) Vitamin K 89% · Selenium 52% · Vitamin C 49% · Vitamin B6 41% · Zinc 38% · Magnesium 31% · Folate 27% · Vitamin A 25% · Iron 21%

Source of (10–19%) Omega-3 19% · Potassium 17% · Vitamin E 15% · Vitamin B12 15%

Recipe and video: Jauja Cocina Mexicana (@JaujaCocinaMexicana) on YouTube — youtube.com/watch?v=MWJMqJFCXqg, published 28 November 2016. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/pozole-verde-de-pollo