

Slow Cooker Mexican Pozole Soup

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/authentic-mexican-pozole-soup-recipe>

Ingredients:

- 2 Ancho chilies stems, seeds and veins discarded
- 1 cup boiling water
- 2 cans fat free chicken broth 14½ oz, 435 ml each reduced-sodium
- 8 ounces skinless chicken breasts boneless and
- 1 can diced tomatoes 14½ oz, 435 g, undrained
- 1 can hominy 15 oz, 450 g, drained
- 1 cup yellow onion chopped
- 1 clove garlic peeled and minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried thyme leaves
- salt
- freshly ground black pepper
- Garnish: optional
- lettuce optional
- cabbage optional
- green onions optional
- avocado optional

Nutrition:

1. Calories: 270 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 35 milligrams
4. Fat: 7 grams
5. Fiber: 11 grams
6. Protein: 17 grams
7. SaturatedFat: 1 grams
8. Sodium: 510 milligrams

9. Sugar: 6 grams

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