

# Chicken Posole Stew in the Slow Cooker

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/new-mexico-posole-stew-recipe>

## Ingredients:

- 4 boneless chicken breasts or the equivalent in tenders
- 2 cans hominy rinsed and drained
- 3 cups chicken broth
- 2 cans diced tomatoes undrained
- 3 carrots sliced thin
- 3 green onions sliced
- 3 cloves garlic minced
- 1 tablespoon cumin
- 2 teaspoons chili powder
- 1 teaspoon oregano
- 1/4 teaspoon cayenne pepper or to taste
- 1 teaspoon salt or to taste
- pepper to taste

## Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 45 grams
3. Cholesterol: 145 milligrams
4. Fat: 12 grams
5. Fiber: 11 grams
6. Protein: 56 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1410 milligrams
9. Sugar: 10 grams

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