

Zesty Mexican Chicken Stew with Sweet Hominy

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-chicken-hominy-soup>

Ingredients:

- 1 1/2 teaspoons ground cumin
- 1 teaspoon chili powder
- 1 teaspoon paprika
- 1 teaspoon oregano
- 1 teaspoon ground coriander
- canola oil
- 1 onion large, chopped
- 1 Anaheim chili pepper seeds and membrane removed, and chopped
- 4 cloves garlic pressed through garlic press
- 1 cup salsa verde green salsa
- 29 ounces tomatoes with juice diced, fire-roasted
- 25 ounces hominy found in the hispanic section of the market
- 4 cups chicken stock
- 4 cups chicken cooked, shredded, I used a 1 3/4 pound rotisserie chicken from the market, skin discarded
- 1/4 cup cilantro leaves fresh, chopped
- tortilla chips for garnish, if desired, optional
- avocado • Diced, for garnish, optional

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 100 milligrams
4. Fat: 15 grams
5. Fiber: 9 grams
6. Protein: 39 grams
7. SaturatedFat: 2 grams

8. Sodium: 1120 milligrams

9. Sugar: 15 grams

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