

# CROCKPOT CHICKEN POZOLE SOUP



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our classes

## Ingredients

- 4 c. Low-Sodium Chicken Broth
- 3 Boneless Skinless Chicken Breasts
- 2 Poblano Peppers, chopped
- 1 White Onion, chopped
- 2 Cloves Garlic, minced
- 1 tbsp. Cumin
- 1 tbsp. Oregano
- 2 tsp. Chili Powder
- 2 tsp. Kosher Salt
- Freshly ground black pepper
- 2 15 oz. cans Hominy, drained and rinsed
- Thinly Sliced Radishes, for garnish
- Sliced Green Cabbage, for garnish
- Fresh Cilantro, for garnish

## Nutrition

Servings: 4-6

Calories: 239 Carbohydrates: 25g

Protein: 26g Fats: 5g

## Directions

1. The CDC recommends washing your hands for 20 seconds using warm water and soap, making sure to wash your wrists, in between your fingers, underneath your fingernails, and the backs of your hands.
2. Place all ingredients except hominy and garnishes into the slow cooker. Cook on low for 6 to 8 hours, until the chicken is tender and cooked through.
3. Take chicken out of slow cooker and shred with two forks. Return to the slow cooker along with the hominy and cook for another 30 minutes.
4. Serve soup into bowls and garnish with radish, cabbage and cilantro.
5. Enjoy!

**UND** WELLNESS &  
HEALTH PROMOTION  
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