

Recipe Name: Pozole

Resources used for Crediting
SBG

Component Contribution
 X ___ Meat/Alt X ___ Vegetable/Fruit
 ___ Grain/Bread

<u>2/3 cup</u> Portion Size	<u>3-5 yr old</u> Age Group
--------------------------------	--------------------------------

Ingredient	Form (whole, chopped)	<u>4.78 qts</u> Recipe Yield	
		Weight	Measure
B.S. Chicken Breast	Diced	4 lb	
Onion	Chopped		2 cups
Cabbage	Shredded		8 cups
Broth or water		3 quarts	
Hominy, canned	Drained		2 #2 1/2 cans
Salt			2 tsp
Pepper			2 tsp
Margarine			1/4 cup

Directions:

- Place margarine in stock pot over medium heat
- Add chopped onion and diced chicken, sauté until chicken is tender.
- Add water or broth, cabbage, hominy and seasonings.
- Bring to boil, then simmer 2 hours.