

# Posole

A delicious and light Mexican soup. Courtesy of A Healthy Kitchen.

## Broth:

- 1 Rosie organic whole chicken
- 10 c. water
- 1 onion, peeled
- 1 carrot
- 1 rib celery
- 3 cloves whole garlic, peeled
- 1 bay leaf
- 2 sprigs each, thyme and parsley
- 5 peppercorns

Place all ingredients into a large stock pot. Bring to a boil and simmer on low for 2 hours, skimming the top frequently. Strain the broth. Remove chicken and shred the meat for the soup. Set aside the meat. De-fat the stock and set aside.

## Soup:

- 1 T. olive oil
- 2 onions, chopped
- 15-oz. can Muir Glen fire-roasted diced tomatoes
- 4 garlic cloves, minced
- Pinch of crushed red pepper flakes
- 2 t. cumin
- 2 T. Lorine and Co. Sienna Chili powder
- 8 c. chicken broth (see above)
- Shredded organic chicken (see above)
- 32-oz. can hominy
- 1/4 c. chopped fresh cilantro
- Salt and pepper

## Garnish:

- 1/2 c. chiffonade green leaf lettuce
- 1/4 c. julienned radish
- 1/4 c. finely chopped green onions
- 1/4 c. grated Tillamook reduced fat Monterey Jack cheese
- 1/4 c. chiffonade fresh cilantro

In a soup pot, sauté the onions until translucent. Stir in the tomatoes, and garlic. Add the crushed red pepper, cumin and chili powder. Stir in the stock and bring to a boil. Season the liquid with salt and pepper. Reduce the heat to a simmer and cook for about 15 minutes. Add the hominy and the cooked chicken and simmer for 15 minutes

more. Stir in the cilantro. Season with salt and pepper. Spoon the soup into individual bowls and garnish each with the lettuce, radish, onions, cheese and chiffonade of cilantro.