

Pozole Verde with Pork

A flavorful broth, loaded with roasted tomatillo sauce, hominy and diced pork, topped with a rainbow of crisp veggies

Pozole is a hearty Mexican stew, loaded with hominy, meat (in this case, pork, though you can use chicken) and topped with colorful veggies and herbs. For 'green' pozole, you add in tomatillo sauce for extra color and flavor.

Ingredients:

Roasted Tomatillo Sauce: (makes 2 cups)

- 1lb tomatillos (husk peeled off, clean any dirt off)
- 2 medium sized poblano peppers, sliced in half, seeds and veins removed.
- salt
- 1 garlic clove, chopped
- 1/4 cup cilantro, chopped and loose packed

Meat:

- 2lb lean pork loin, diced
- 1/4 tsp baking soda dissolved into 2 tsp water
- 2 tsp worcestershire sauce (Yeah, yeah, get over it!)

Soup:

- 1 medium onion, diced
- 4 garlic cloves, chopped
- 1 tsp ground cumin
- 1 tsp chili powder, to taste
- 1 Tbsp dried oregano
- 1-1/2 tsp salt
- 1/4 tsp cracked/coarse ground black pepper
- 8 cups fat free chicken broth
- 1 Tbsp lime juice
- 44oz canned Hominy (I used 1 29oz can and 1 15oz can). Drained and rinsed with water. Set aside
- 1/2 tsp baking soda (it'll help soften the hominy faster)

Toppings:

- Finely shredded cabbage
- Thin sliced radishes
- Diced onion
- Chopped cilantro
- Lime wedges

Servings Info.:

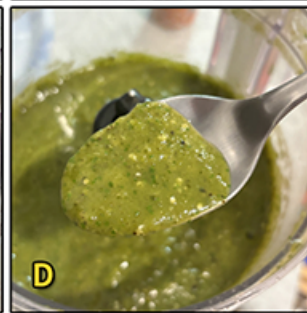
Yield: 15 cups
Servings: 7
Serving Size: 2-1/8 cups



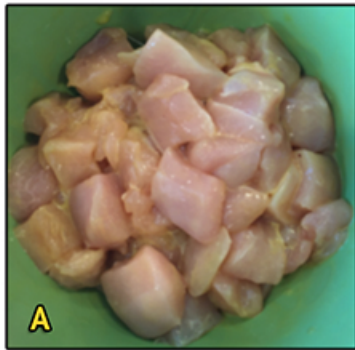
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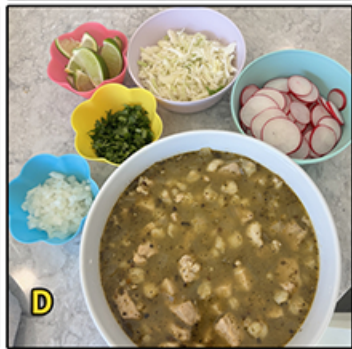
Directions:



- (A) Turn on your oven's broiler and place the top rack 1/3 of the way from the top of your oven. Place the cleaned tomatillos and poblano peppers into an oven safe pan, spray with cooking spray and sprinkle with salt. (B) Let the oven heat up for 5 minutes, then place the pan into the oven, under the broiler. Cook for 10 minutes, then flip the veggies and broil for 5 more minutes. (C) Remove from the oven and place the charred veggies, garlic and cilantro into a food processor or blender. (D) Process till smooth. Set aside.



- 2 (A) While the veggies are in the oven, mix the diced pork in a large mixing bowl with the baking soda, water and worchestershire sauce. Let rest for 20 minutes. (B) Use a strainer or colander to drain and rinse off the canned hominy, then set aside.



- 3 (A) Heat a large pot over high heat for 1 minute, spray with cooking spray, then immediately add the pork and cook for 5 minutes. Add the diced onions, garlic, ground cumin, chili powder, dried oregano, salt and pepper. Cook for 5 more minutes on high heat. (B) Pour in the chicken broth, lime juice and add the hominy. Bring to a low boil and reduce heat till the liquid is JUST simmering. (C) Simmer for 45 minutes, then pour in all of the pureed roasted tomatillo sauce. Bring back to a simmer and simmer for 15 more minutes. Turn off heat, let it cool for 15-20 minutes before serving. (D) To serve, place each of the listed toppings into separate bowls, then pour yourself a bowl of soup and top with as much or as little of each as you'd like (like you see in the 2 main pictures). When you are going to eat... mix it all together.



NOTES & SUGGESTIONS:

- **I DON'T LIKE PORK!!!!!!:** Not a problem. You can use diced chicken breast in this recipe, instead of pork loin.
- **EASY TOMATILLO SAUCE:** Don't want to go through all the effort of roasting the poblanos and tomatillos? Not a problem. Simply buy ANY brand "Tomatillo" salsa or green salsa you want, then use 2 cups of it instead. But, make sure that you adjust your points, if necessary.
- **BAKING SODA???:** Adding the baking soda solution to the meat and letting it rest, starts to break down the outer protein wall of the meat, letting it become softer when it cooks. But why add it to the soup too? Well, it helps the hominy become softer as well.
- **BROILER???:** If you don't want to use an oven, use a toaster oven. Don't have a toaster oven, use a BBQ grill. Don't have a bbq grill... then just use canned green salsa.
- **DIABETICS:** The soup has more points for you guys, because of the Hominy.