



Chipotle Turkey Pozole



Gluten Free



Popular

READY IN



90 min.

SERVINGS



12

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 2 cups onion chopped
- ☐ 3 large garlic cloves minced
- ☐ 0.3 cup chipotles in adobo minced to taste ()
- ☐ 15 ounce canned tomatoes diced crushed canned
- ☐ 12 servings salt
- ☐ 4 cups turkey meat shredded leftover cooked
- ☐ 1 large can hominy white rinsed drained canned (108 ounce, 6 lb 12 oz, 3 kg)

- ☐ 4 quarts chicken stock see
- ☐ 3 bay leaves
- ☐ 2 Tbsp oregano dried (Mexican if available)
- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon cinnamon
- ☐ 0.5 head cabbage green sliced thin
- ☐ 3 avocados diced
- ☐ 1 bunch radishes red sliced thin
- ☐ 8 ounces cotija cheese crumbled
- ☐ 1 large bunch cilantro leaves chopped (stems included)
- ☐ 1 onion red chopped
- ☐ 4 limes cut into wedges
- ☐ 24 a couple dozen tostada shells well (can use tortilla chips or fried corn tortillas as)

Equipment

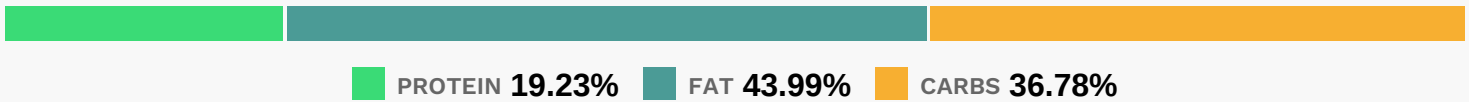
- ☐ bowl
- ☐ pot

Directions

- ☐ Sauté onions, garlic, add chipotle:
- ☐ Heat olive oil on medium high heat in a large (12 quart) stockpot.
- ☐ Add the chopped onion and cook until translucent, about 4 minutes.
- ☐ Add the garlic.
- ☐ Add the minced chipotles in adobo (start with 1/4 cup and add more later to desired heat). Cook for another 3 minutes.
- ☐ Add the tomatoes and cooked turkey meat to the pot, stirring to combine.
- ☐ Add the rinsed and drained hominy.
- ☐ Add the stock.
- ☐ Taste and add salt (at least a tablespoon if you are using unsalted stock) to taste.

- ☐ Add the bay leaves, oregano, ground cloves, and cinnamon.
- ☐ Add more water if the soup is too thick with hominy for your preference.
- ☐ Bring to a simmer. Taste and add more salt, herbs, or chipotle to taste. You may need more salt than you expect, if you are using homemade, unsalted stock. Simmer for 45 minutes.
- ☐ Set the table with toppings arranged in separate serving dishes. Spoon out the soup into bowls.
- ☐ Let people add the toppings they want to the soup.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:3.24, Inflammation Score:-9, Nutrition Score:26.058695663577%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Pelargonidin: 2.63mg, Pelargonidin: 2.63mg, Pelargonidin: 2.63mg, Pelargonidin: 2.63mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg, Hesperetin: 9.6mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg, Isorhamnetin: 1.8mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg, Quercetin: 7.84mg

Nutrients (% of daily need)

Calories: 522.92kcal (26.15%), Fat: 26.46g (40.7%), Saturated Fat: 7.51g (46.94%), Carbohydrates: 49.77g (16.59%), Net Carbohydrates: 40.65g (14.78%), Sugar: 10.47g (11.64%), Cholesterol: 57.55mg (19.18%), Sodium: 1193.92mg (51.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.02g (52.04%), Vitamin B3: 11.01mg (55.05%), Vitamin B6: 1mg (50.05%), Vitamin K: 51.19µg (48.76%), Vitamin C: 32.98mg (39.97%), Vitamin B2: 0.67mg (39.38%), Phosphorus: 369.88mg (36.99%), Fiber: 9.12g (36.48%), Selenium: 22.02µg (31.46%), Potassium: 1045.06mg (29.86%), Vitamin B1: 0.39mg (25.99%), Folate: 98.77µg (24.69%), Copper: 0.47mg (23.49%), Manganese: 0.46mg (22.88%), Magnesium: 88.17mg (22.04%), Calcium: 198.74mg (19.87%), Zinc: 2.87mg (19.14%), Iron: 3.31mg (18.4%), Vitamin B5: 1.63mg (16.32%), Vitamin E: 2.28mg (15.17%), Vitamin B12: 0.9µg (14.97%), Vitamin A: 363.21IU (7.26%), Vitamin D: 0.17µg (1.13%)