



Lightened Ground Chicken Pozole Recipe

The First Bite That Hooked Me

The steam rose from the bowl, carrying the smoky scent of chipotle and garlic. I took one spoonful—warm, tangy, with a hint of heat. The crunch of radishes and creaminess of avocado made it perfect. **Ever wondered how you could turn a simple soup into something unforgettable?** That first bite made me a pozole fan for life. Now, I make it weekly—it's that good.

My Pozole Kitchen Blunder

My first try, I forgot to strain the chicken fat. The soup was greasy, but I fixed it with extra lime and cabbage. **Home cooking teaches us to**

adapt, not panic. Now I know—small steps matter. What's your biggest kitchen oops? Share below!

Why This Pozole Shines

– The chipotle sauce adds smoky depth without overpowering. – Hominy gives a chewy contrast to the tender chicken. **Which flavor combo surprises you most?** Is it the tangy tomatoes with creamy avocado? Try it and see!

A Bowl Full of History

Pozole dates back to Aztec times, often made for special events. It's a staple in Mexican homes, especially for celebrations. *Did you know hominy is corn treated with limewater?* This step unlocks its unique texture. What's your favorite dish with deep roots? Tell me in the comments!



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Ingredients:

Ingredient	Amount	Notes
Olive oil	1 Tablespoon	
Yellow onion	1 small or medium	Finely chopped
Salt	½ teaspoon	
Ground chicken	1 pound	
Garlic	2 cloves	Minced
Mexican-style diced tomatoes (like Rotel)	1 (10 oz) can	
Reduced sodium chicken broth	3 Cups	Can also use regular or bone broth
Hominy	1 (15 oz) can	
Chipotle sauce	1 Tablespoon	
Oregano	2 teaspoons	Regular or Mexican
Fresh toppings of choice	As needed	Shredded cabbage, radishes, cilantro, onions, lime, avocado, queso fresco

How to Make Lightened Ground Chicken Pozole

Step 1

See also Hot Chocolate Chai Recipe (Better Than a Coffee Shop!) Heat oil in a Dutch oven over medium-high. Add onions and salt. Cook until soft, about 3-5 minutes. Stir often to avoid burning. **Step 2** Add ground chicken, breaking it into small bits. Cook until browned, 5-7

minutes. Drain excess fat for a lighter dish. **Step 3** Toss in garlic and cook 30 seconds. It should smell amazing but not burn. *Fun fact: Burnt garlic turns bitter fast.* **Step 4** Add tomatoes, scraping the pan to lift browned bits. This adds deep flavor. (Hard-learned tip: Don't skip the scraping step!) **Step 5** Pour in broth, hominy, chipotle sauce, and oregano. Bring to a low boil. Then simmer uncovered for 10 minutes. **Step 6** Ladle into bowls and top with fresh fixings. Cabbage and radishes add crunch. Lime wedges brighten every bite. **What's your must-have pozole topping? Share below! Cook Time:** 23 minutes **Total Time:** 30 minutes **Yield:** 4 servings **Category:** Dinner, Soup

3 Twists on Classic Pozole

Vegetarian Swap chicken for mushrooms and veggie broth. Keep the hominy for heartiness. Top with avocado for creaminess. **Spicy** Double the chipotle sauce. Add jalapeños with the onions. Finish with hot sauce for extra kick. **Seasonal** Use butternut squash in fall. Swap hominy for white beans in summer. Garnish with pomegranate seeds in winter.

Which twist would you try first? Vote in the comments!

Serving & Sipping Ideas

Pair pozole with warm corn tortillas or crispy tortilla chips. A side of black beans rounds it out. Drink it with a cold Mexican lager or a tart limeade. Both cut through the rich broth perfectly. **Which would you choose tonight—beer, limeade, or something else?**



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Storing and Reheating Your Pozole

Let's talk leftovers. This pozole keeps well in the fridge for 3 days. Just cool it first. Freeze portions for up to 3 months. Thaw overnight in the fridge. Reheat gently on the stove with a splash of broth. *Fun fact: Hominy gets creamier when reheated!* Batch-cooking tip: Double the recipe. Freeze half before adding toppings. Why this matters: Meal prep saves busy nights. Ever tried freezing soups? Share your tricks below!

See also [Homemade Cincinnati Skyline Chili: Easy Ohio Classic Recipe](#)

Pozole Pitfalls and Easy Fixes

Too watery? Simmer longer uncovered. Broth too mild? Add extra chipotle sauce. Chicken crumbles too big? Break them up with a wooden spoon. Why this matters: Small tweaks make big flavor wins. My neighbor once added double garlic—game changer! Stuck on a step? Ask away in the comments. What's your go-to soup fix?

Your Pozole Questions, Answered

Q: Is this gluten-free? A: Yes, if your broth and chipotle sauce are gluten-free. Check labels. **Q: Can I make it ahead?** A: Absolutely. Flavors deepen overnight. Add toppings fresh. **Q: Swaps for hominy?** A: White beans work. Texture changes, but still tasty. **Q: How to scale up?** A: Double everything but salt. Adjust to taste later. **Q: Best topping combo?** A: Mine's cabbage, radishes, and lime. Try your own mix!

Let's Dish About Your Bowl

Nothing beats sharing food joy. Tag **@SavoryDiscovery** on Pinterest with your pozole pics. Did you tweak the recipe? Tell us how! Happy cooking! —Elowen Thorn.