

Slow-Cooker Pollo Posole'

Yields : 10 cups of soup

Ingredients:

1 can (15 oz.) White Hominy, drained
1 can (14.5 oz.) Mexican diced Tomatoes
1 can (10 oz.) Mild Green Enchilada Sauce
1 cup Low Sodium, no-fat Chicken Broth
Approximately 1 cup water, see Step 2
2 carrots, diced
1 medium yellow onion, diced
3 cloves garlic, minced
2 tsp. ground cumin
1 1/2 large store bought rotisserie chicken, diced or shredded
1 Avocado, sliced
Fresh Cilantro, chopped
Lime wedges
Baked Blue Tortilla chips, not for everyone, see your individual portion
Shredded Mexican Cheese

Directions:

- Step 1:** Remove all skin from chicken and all the meat. Set aside. Should be about 4 cups.
- Step 2:** Combine hominy, tomatoes, enchilada sauce, broth, carrots, onion, garlic, and cumin into a slow-cooker (crock-pot). Add the chicken meat. Stir to combine. You may like to add some water to get your desired consistency. Cover the cooker and cook on low for 6 - 8 hrs. Vegetables should be tender.
- Step 3:** When the Posole' is ready, stir in the cilantro and avocado. Serve with lime wedges and your allotted number of tortilla chips.