



## Chicken Pozole Verde (Instant Pot or Stovetop)

### Ingredients

- 1 tablespoon olive oil
- 3 boneless and skinless chicken breasts
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 yellow onion diced
- 6 garlic cloves minced
- 1 jalapeno pepper seeds removed and minced
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- 1 1/2 cups hominy
- 4 cups chicken broth low-sodium or no salt
- 6 tomatillos husks removed, rinsed and roughly chopped
- 1 tablespoon lime juice
- 1/4 cups cilantro fresh, chopped
- 1/2 cup avocado diced



Contact us at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org); 346-426-1597

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## Instructions

1. Heat the olive oil in an Instant Pot in sauté mode or a large pot on the stove (medium heat). Rinse the chicken and pat dry. Season with salt and pepper. Sear the chicken breasts in the hot olive oil on each side until golden brown. About 4 minutes per side.
2. Remove the chicken and add the onion to the pot and cook, stirring occasionally, just until the onions begin to turn translucent. Add the garlic, jalapeno, oregano, cumin, cook for about 1 minute. Stir in the hominy, chicken broth and tomatillos and return the chicken to the pot.
3. **For instant pot:** Change the Instant Pot mode to manual with high pressure. Place the lid on the pot and seal. Set the timer for 20 minutes. When time is up, manually vent the Instant Pot and carefully remove the lid. Remove the chicken from the Instant Pot and shred. Place the shredded chicken back in the Instant Pot, add the lime juice and stir.

**For stovetop:** Place lid on pot and let simmer for 1 hour. When time is up, remove the chicken from the pot and shred. Place the shredded chicken back in the pot. Add lime juice and stir.

4. Ladle into serving bowls and top with cilantro and avocado. Enjoy!

Recipe and Photo Credit: <https://skinnyms.com/instant-pot-chicken-posole-verde/>

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