

Chicken + Nettle Pozole



Chef: Indigenous Food Lab Region: Midwest/Mountain Plains Serves 4

Ingredients

- **1 Tbsp Oil, Vegetable**
- 4 cups rinsed and trimmed Nettles, fresh, foraged (about ½ lb before trimming and removing stems) *
- ½ cup diced Wild Onions, fresh, foraged, diced, plus more for garnish**
- **2 15.5 oz cans Hominy, Low Sodium**
- 6 cups water
- 1 tsp Salt
- 3 Tbsp Ground Sumac Berries
- 2 Bay Leaves, optional, if available
- 1 tsp Dried Oregano, - OR- 2 Tbsp fresh Wild Bergamot optional, if available
- **1 large or 2 small Boneless Chicken Breast(s)**, Frozen, thawed ***
- Optional toppings, if available: Cilantro, Roasted Fresh or Canned Green Chilis

Boldfaced items are available through the FDPIR Foods Available List or through USDA DoD Fresh Program.

Instructions

Blanch Nettles

1. Heat about 4 quarts of water to boiling in a large pot.
2. Add nettles to boiling water, and blanch for 30 seconds. Drain, and immediately place greens in an ice water bath to stop the cooking process and preserve color and texture.
3. Drain thoroughly
4. Rough chop and set aside.

Pozole

1. In a large pot, heat oil over medium heat. Add wild onions to hot oil and sauté 2-3 minutes until fragrant and wilted.
2. Add hominy (and liquid), water, salt, sumac, and optional seasonings, if using. Heat just to boiling.
3. Add chicken and blanched nettles. Reduce heat, and simmer for 20-25 minutes, or until chicken is cooked through.
4. Remove cooked chicken breast(s) from soup and place in a bowl to shred into bite-sized pieces using two forks. Return shredded chicken to the pot and stir to combine. Salt to taste.

Top pozole with additional fresh wild onions, and optional cilantro, and green chilis, if available. Serve hot

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