

Pozole

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1	3 tbsp 1 1/2 cups 3 cloves	Extra Virgin Olive Oil Yellow Onion, chopped Garlic, chopped	Heat the olive oil in a soup pan. Stir in the onions and garlic.
2	1 lb	Chicken thighs	Add the chicken thighs and cook until they are browned on both sides. Remove the chicken thighs and chop them into bite sized peices, then return them to the pan.
3	3 cups 1/2 cups 1 tsp 1 tsp 1 3	Chicken Broth Taco sauce or salsa Cloves, whole Cumin, ground Bay Leaf Chipotle in Adobo, chopped	Add the broth, sauce, cloves, cumins, bay lead, and chipotle to the pan and stir. Cook over medium heat for 30 minutes.
4	1 cup 4 tbsp	Cauliflower, riced Cilantro, chopped	Add the cauliflower and cilantro and cook for and additional 10 minutes.
5		Salt & Pepper	Add salt and pepper to taste.
6	2 large 1 medium	Radishes, sliced Avacado Cilantro	Garnish the soup with radishes, avacado, and cilantro.

Nutrition Facts

Pozole

Amount per Serving

Calories (kcal)	337
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Fat (g)	25
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Carbohydrates (g)	9
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Fiber (g)	15
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Re-produced from *Keto Pozole, Spicy Mexican Soup Without the Carby Guilt!*¹

¹Cheryl McColgan. *Keto Pozole, Spicy Mexican Soup Without the Carby Guilt!* Jan. 2021. URL: <https://healnourishgrow.com/mexican-pozole-keto/>.