



# CACFP TIDBITS



Where healthy eating becomes a habit

Octubre ~ October 2023

TO: Cortland/Tompkins CACFP Providers  
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CACFP Fiscal Program Year is Oct. 1 - Sept. 30, 2024.

## Posole - Mexican Soup with Pork and Hominy

### Safe Defrosting Practices

Here are four different options.

1. Place meat and other items in the refrigerator to thaw. Give yourself plenty of time ahead to thaw.
2. Place in a bowl and run cold water over the food item.
3. Defrost in the microwave.
4. Cook frozen! Meats and veggies will need about double the time.

**What is not safe! Never place raw frozen meat on the counter or in the sink to thaw.**

**Remember, bacteria related to food borne illness double every 30 minutes at room temperature.**



- 24 oz ground pork
- 1 large onion, chopped
- 2 Tbs of minced garlic
- 2 green peppers chopped
- 22 oz each of canned hominy **and** pinto beans drained and rinsed
- 2 quarts chicken (pork, beef or vegetable stock)
- 1 cup chopped cilantro (or parsley)
- 3 teaspoons cumin
- 2 teaspoons of oregano
- 1 teaspoon black pepper
- 1 small can mild green chilis (optional but traditional)

CACFP Servings 12  
Meets 1.5 oz meat/meat alternate  
Meets 1/4 cup vegetable

In a large soup pan sauté onion and peppers in a teaspoon of oil adding a splash of water to help break down. Cook until onions are clear. Add garlic, spices and cook for a few minutes. Add cooked pork (rinsed from fat) hominy, pinto beans cook until spice smells are released. Pour stock in and simmer for 30 minutes.

Tips. You can use lean 1/2 inch cubes of pork (Choking hazard). Cook raw pork cubes with soup for about 1 hour. Ground pork is easier and safer but the cubed pork is more authentic. Make ahead and serve by reheating to 180 degrees F.

Dress the soup with a pinch of cilantro and a squeeze of fresh lime juice.



### More to explore at your local library.

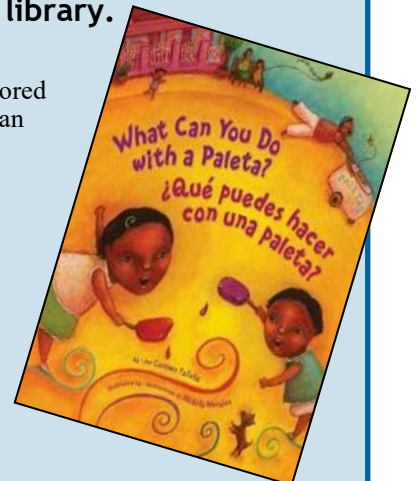
#### What Can You Do with a Paleta?

A young girl introduces frozen, fruit-flavored treats that Mexican and Mexican-American children enjoy!

What to decide? Coconut or Strawberry?

Written by Carman Tafolla,

Illustrated by Magale Morales



Celebrating  
National Hispanic  
Heritage Month  
9/15 - 10/15, 2023

The Child Development Council is an equal opportunity provider.