

Southwestern Chicken Soup

Makes 5 servings

2 T Canola Oil
1 1/2 T garlic, minced
1 medium onion, finely chopped
1/2 cup salsa verde (from a jar or can)
1 15 oz. can diced tomatoes, no salt added
1 15 oz. can white hominy, rinsed and drained
2 cups cooked, shredded chicken
1/2 t cinnamon
1 t cumin powder
3 T lime juice
2 cups chicken broth
1 15 oz. can black beans, rinsed and drained
2 medium yellow squash, 1/2" dice
Cilantro to taste



Heat oil in a large pot on medium– high heat for 30 seconds. Add garlic and onions and cover, stirring every minute. When onions are translucent add salsa, tomatoes, hominy, chicken, cinnamon, and cumin. Stir and heat for an additional 2 minutes. Add lime juice, chicken broth, black beans, and yellow squash and heat. Bring soup to a simmer and heat for at least 10 additional minutes. Serve with corn tortillas and topped with cilantro.

Nutrition information (per taco): 370 calories, 13g fat, 26g protein, 36g carbohydrate, 640mg sodium, 9g dietary fiber. Excellent source of vitamins A and C. Good source of calcium and iron



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