## 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

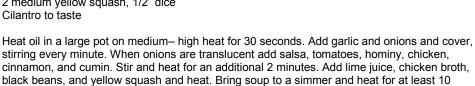
1 t cumin powder

3 T lime juice

2 cups chicken broth

1 15 oz. can black beans, rinsed and drained

2 medium yellow squash, 1/2" dice



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



additional minutes. Serve with corn tortillas and topped with cilantro.



