

12 Days of Christmas Recipes

Zesty Taco Soup for 2 ppl (Davita)

1/3 lbs Boneless skinless chicken breast

3 1/8 ounces, low sodium red kidney beans

1/4c Frozen corn

3 1/8 ounces white hominy (use the lowest in sodium)

1/4c Low Sodium Diced tomatoes

1/2c Chopped green chile

1/8c onion, chopped

1/8c Green Bell Peppers, chopped

1/4 Garlic clove, minced

1/4 jalapeno, chopped

1/4 Low sodium Taco Seasoning+

1/3c Low sodium Chicken broth

INSTRUCTIONS

1. Drain and rinse kidney beans, corn and hominy.
2. Chop onion and green peppers; dice garlic and seed jalapeño pepper.
3. Place chicken in the bottom of a large pot and brown chicken
4. Once chicken is browned, top with all remaining ingredients.
5. Turn heat to low and cook for an additional 6 hours.
6. Shred chicken with a fork and mix to combine ingredients.
7. Portion into 1 cup servings and enjoy.

+Low Sodium Taco Seasoning: 6 teaspoons chili powder, 5 teaspoons paprika, 4 1/2 teaspoons ground cumin, 2 1/2 teaspoons onion powder, 2 1/2 teaspoons garlic powder 1 1/2 teaspoons cornstarch 1/8 teaspoon cayenne pepper. Combine all ingredients in a small, lidded jar. Close the lid securely and shake until well combined.

