

MEXICAN MINESTRONE

The hominy gives this soup a chewy texture. The soup is bursting with vegetables and flavor. You can freeze any leftover soup up to a month. Serve with quick tortilla chips.

Ingredients:

1 (28 oz.) can diced tomatoes
4 cups vegetable broth
1 onion, chopped
2 carrots, peeled and chopped
2 stalks celery, chopped
3 cloves garlic, minced
1 pkg. frozen spinach
1 (14 oz.) can hominy, drained
Olive oil
Parmesan cheese
Handful chopped cilantro



Directions:

Sauté onions, garlic, celery and carrots in a couple of tablespoons of olive oil until soft. Add broth and tomatoes and bring to a boil. Throw in spinach and hominy. Bring to a boil again, then turn down to a simmer and cook, covered about 20-30 minutes. Top with Parmesan cheese and cilantro. The hominy is nice and chewy in this soup.

More nutrition information about this recipe:

- Carrots are great source of vitamin A, K, and fiber
- Spinach is full of vitamin A and folate
- Garlic has great cardiovascular benefits
- Canned tomato is full of lycopene