



IMPACT'S FAVORITE RECIPES . . .

Jalapeno Lime Chicken Soup



Ingredients

- 1 medium red onion
- 3 - 5 Jalapenos, seeds and ribs removed (*less if you like less spicy*)
- 4 cloves garlic
- ¼ cup cilantro, packed
- 4 cups (32 oz.) salsa verde
- 4 cups (32 oz.) organic chicken broth
- 1 cup water
- 1½ pounds chicken breast (organic is always suggested)
- juice of 2 large limes (or 3 small)
- 2 cans cannelloni beans

Instructions

1. Start by mincing the onions, jalapenos, garlic, and cilantro in a food processor or mini-chopper. If your food processor is small, work in batches.
2. Place all the minced items along with salsa verde, chicken broth, water, and chicken breasts in a slow cooker. Allow the chicken to cook on the high setting for 4 hours and then on the low setting for 7-8 hours. In the last 45 minutes of cooking, remove the chicken breast from the crockpot and shred using 2 forks. Add the lime juice along with the cannelloni beans. Add the chicken back into the slow cooker when you have 10 minutes remaining. Season soup to taste with salt and pepper.

You can cut an Ezekiel wraps into strips (low-carb/natural wraps with no preservatives), tossed them with a little olive oil, sprinkles with sea salt and baked them for 6-7 minutes. Perfect for replacement for crackers!

By Roseanne Gehrig