

PROTEIN POWER CHICKEN SOUP

INGREDIENTS

3 pounds chicken breasts	1 1/2 onions chopped
2-14.5 oz. diced tomatoes or 6 fresh tomatoes	6 cups fresh spinach or 3 cups frozen
3 minced garlic gloves	2 bags California blend vegetables
3-14.5 oz. chicken broth	sea salt and pepper

PROCEDURE

Bake chicken breasts with onion and garlic.

Dice chicken.

Add ingredients and simmer for 30 minutes or until vegetables are tender.

Can also cook in a crockpot.