TACO SOUP

SERVES 12

Preparation time: 20 minutes
Cook time: 15 minutes

INGREDIENTS

1 1/2 pounds lean ground beef
1 packet mild taco seasoning
2 cans creamed corn
2 cans chili beans in mild chili sauce
2 15-ounce cans diced tomatoes

1 8-ounce bag shredded Colby jack cheese

Optional add-ins:
Sour cream
Chopped onion
Chopped jalapeno
Salsa

DIRECTIONS

2. Mix together beef, taco seasoning, creamed corn, chili beans, and diced tomatoes.
3. Bring mixture to boil, then let simmer for 10 minutes.
4. Serve with shredded cheese, low-fat sour cream, onions, jalapenos, and salsa.
5. Refrigerate leftovers in a shallow container.

SIMPLY GOOD EATING

USING LEAN GROUND TURKEY as a healthier alternative to beef.

LET CHILDREN “dump” ingredients in and stir the soup.

TIPS & VARIATIONS