

Cooking with the DIETITIANS

TACO SOUP

Time: 30 minutes / Servings: 8

INGREDIENTS

1 lb extra lean ground beef or ground turkey
1 pkg reduced sodium taco seasoning
2 cans of kidney beans (undrained)
2 cans of pinto beans (undrained)
2 cans of black beans (undrained)
1 can of tomatoes with chiles

DIRECTIONS

1. Brown meat and drain.
2. After meat is drained, put all ingredients in a pot and bring to a boil.
3. Once brought to a boil, the soup is done. Let set about 10 minutes and serve.



NUTRITION FACTS (PER SERVING):

Calories: 309, Total Fat: 4g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 531mg, Carbohydrates: 59g, Fiber: 27g, Protein: 30g, Vitamin A: 10%, Vitamin C: 3%, Calcium: 12%, Iron: 35%

Recipe adapted from: <http://www.skiptomylou.org/easy-taco-soup/>

A collaboration with USF Dining