

# Taco Soup

## You will need:

- ½ pound ground beef or turkey
- 1 package taco seasoning mix
- 1 onion - chopped
- 1 large (46 oz.) can tomato juice
- 1-15 oz. Can corn - drain
- 1-15 oz. Can black beans – drain and rinse
- 1-15 oz. Can diced tomatoes
- Low-fat sour cream and shredded cheese for toppings

## Step by step:

- Brown meat and onion in large pot. Drain fat.
- Add all remaining ingredients (Except cheese and sour cream)
- Bring soup to a boil.
- Reduce heat to low.
- Simmer for 30 minutes.
- Top with shredded cheese or sour cream just before eating.

Recipe adapted from [www.kraftrecipes.com](http://www.kraftrecipes.com)

This handout is provided to you by Eau Claire County UW Extension Wisconsin Nutrition Education Program (WNEP). If you have other questions about nutrition or food safety please call your county extension office at 715.839.4712.



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