



TACO SOUP

RECIPE PROVIDED BY: Diabetes Canada

RECIPE SOURCE: Cookspiration.com

RECIPE INFO

MAKES: 13 cups (3.25 L)

INGREDIENTS

1 lb (500 g) of lean ground beef
1 medium onion, chopped
2 large stalks of celery, chopped
1 green pepper, chopped
28 ounce (796 mL) can tomatoes, diced or whole
19 ounce (540 mL) can kidney beans, rinsed
19 ounce (540 mL) can black beans, rinsed
2 cups (500 mL) of frozen kernel corn
2 tsp (10 mL) chili powder
1 tsp (5 mL) each of cumin, oregano, paprika and garlic powder
½ tsp (2 mL) of black pepper
2 cups (500 mL) water
Garnish: dollop of fat-free sour cream

INSTRUCTIONS

STEP 1

Brown the hamburger meat at low-medium heat. Drain off any fat.

STEP 2

Add the onions, celery and green pepper. Cook until soft.

STEP 3

Add the rest of the ingredients. Add water if soup seems too thick.

STEP 4

Bring to a boil, then cover and simmer for 30 minutes. Add extra water if getting too thick.

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