

RECIPE

Taco Soup

Makes 8 servings.

INGREDIENTS

- 1 chopped onion
- 2 cups broth or water
- 1 can black beans, drained and rinsed
- 1 can chili or pinto beans, drained and rinsed
- 1 can corn, drained and rinsed
- 1 (8 oz) can tomato sauce
- 2 (14.5 oz) cans diced tomatoes, do not drain
- 1 packet taco seasoning
- 2 (5 oz) cans chicken OR 1 pound cooked ground turkey or beef

Crock Pot:

1. Place all ingredients in crock pot and mix well.
2. Cook on low for 6 hours.

Stove Top:

1. Place all ingredients in large pot, stir, and bring to boil.
2. Turn down heat, cover pot, and simmer for 30 minutes.

Nutrition Facts:

Calories 250, Fat 4g, Saturated fat 1g, Carbs 33g, Fiber 9g, Sugar 0g,
Sodium 610mg, Protein 20g



**SECOND HARVEST
FOOD BANK**
of MIDDLE TENNESSEE
Feeding Hope™

For more recipes, visit secondharvestmidtn.org