

Southwest Taco Soup

Ingredients

- 7-1/2 oz frozen cooked beef crumbles
- 1/2 cup canned pinto beans, low sodium
- 3/4 cup corn
- 1 cup canned diced tomatoes, no salt added
- 1/2 cup salsa, low sodium
- 2 tbsp ranch seasoning
- 1-1/2 tbsp taco seasoning
- 1/4 tsp garlic
- 3/4 cup water
- 1/2 cup shredded cheddar cheese, low fat
- 2 oz tortilla chips

Notes

Number of Portions: 4

Serving Size: 3/4 cup

Nutrition Facts: 277 calories, 10.93 g fat, 5.42 g saturated fat, 647 mg sodium, 29.85 g carbohydrate, 6.05 g fiber, 2.5 g sugar, 16.26 g protein

Directions

1. In a large pot, combine beef, beans, corn, tomatoes, and salsa. Simmer for 10 minutes over medium heat.
2. Add ranch seasoning, taco seasoning, garlic, and water. Simmer for an additional 45 minutes over low heat. Ensure that the internal temperature reaches 165° F. Remove from heat.
3. To serve, place soup in a bowl and top with cheese and chips.

