

Hearty Taco Soup

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 pound extra lean **ground beef**
- 1 medium **green bell pepper**, diced
- 1 large yellow **onion**, diced
- 3 cups hot, 99% fat-free **beef broth**,
- 1 can (14.5-ounce) **tomatoes**, chopped with liquid
- 1 can (15.5-ounce) **pinto beans**
- 1 can (15.25) ounce **whole kernel corn**
- 4 teaspoons **chili powder**
- 1 teaspoon **cumin**
- 1/4 teaspoon **garlic powder**
- 1/4 teaspoon **cayenne pepper**
- 6 crisp **taco shells**
- 2 cups (16 ounces) grated **cheddar cheese**

Directions:

1. Brown meat, pepper, and onions in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add broth, tomatoes, beans, corn, and seasonings.
3. Reduce heat to low (250 degrees in an electric skillet), cover and simmer for 20 minutes.
4. Crumble 1/2 taco shell in each bowl, add soup, and top with cheese.
5. Serve hot.
6. Refrigerate leftovers within 2-3 hours.

Tips:

- Try black beans in place of pinto beans.

Nutrition Facts			
Serving Size 1 Cup (249g)			
Servings Per Container 12			
Amount Per Serving			
Calories	180	Calories from Fat	40
% Daily Value*			
Total Fat	4.5g		7%
Saturated Fat	1.5g		8%
Trans Fat	0g		
Cholesterol	25mg		8%
Sodium	670mg		28%
Total Carbohydrate	17g		6%
Dietary Fiber	4g		16%
Sugars	3g		
Protein	17g		
Vitamin A	10%	Vitamin C	25%
Calcium	8%	Iron	8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat	9	Carbohydrate 4 • Protein 4

12 servings, 1 cup each

Source: 2006. Adapted from OSU Extension Service, Multnomah County. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp 2006)