

Beefy Taco Soup

Ingredients

- 1 lb 90/10 ground beef
- 2 cloves garlic, minced
- 1 medium yellow onion, diced
- ½ packet 30% less sodium taco seasoning
- 10 oz can reduced-sodium diced tomatoes with green chilies
- 1 cup frozen corn
- 1 (15.5 oz) can no-salt-added black beans, drained & rinsed
- 1 (32 oz) carton unsalted beef broth

Optional- (*nutritional facts include optional items*)

- 1/2 cup crumbled whole-grain tortilla chips
- 1 cup plain non-fat Greek yogurt
- 1 cup shredded fiesta blend cheese

Preparation

1. In a large stockpot, brown beef on medium, crumbling meat, stirring occasionally. Add onion & garlic. Continue to cook beef 5-7 minutes or until beef is cooked through & no longer pink.
2. Add taco seasoning, tomatoes, corn, beans, & broth to stockpot. Stir to combine. Simmer 30 minutes, stirring occasionally.
3. Serve topped with crumbled tortilla chips, yogurt & cheese.

Nutrition Facts	
8 servings per recipe	
Serving size	(333g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 290mg	13%
Total Carbohydrate 21g	8%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 175mg	15%
Iron 2mg	10%
Potassium 515mg	10%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	