



Eat Well

Spicy Taco Soup

Directions

Place olive oil and onions in pot and cook until onions are tender. Add ground beef and brown. Add corn, olives, tomatoes, water, taco seasoning and beans (do not drain the beans). Let simmer for 25 minutes. May garnish with a little 2% cheese.

Servings: 12

Ingredients

- » 1 large onion, chopped
- » 1 Tbs. olive oil
- » 1½ pounds of lean ground beef
- » 1 cup frozen corn
- » 1 small can black olives, sliced
- » 2 cans Rotel tomatoes with green chilies
- » 1-2 packs of taco seasoning
- » 2½ cups of water
- » 1 pack dry Ranch dressing

Nutrition information per serving:

Calories: 186, Fat: 10.6g,
Carbohydrates: 12.9g, Protein: 9.8g

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