

Taco Soup



Serves 10

Ingredients:

- 500 g lean ground turkey
- 1 medium onion, chopped
- 2 cups tomato sauce
- 250 g chopped tomatoes
- 1 can (16oz) pinto or chili beans, undrained
- ½ package taco seasoning

Procedure:

- Brown meat with onion in a stockpot that has been greased with oil.
- Add remaining ingredients and simmer for 30 minutes.

Per serving:

- Calories: 200
- Protein: 23 gm
- Carbohydrates: 15 gm
- Fat: 5 gm

This soup freezes excellently, so you may want to freeze in cup portions to use as a quick lunch option. If you like spicy food, you may use a whole package of taco seasoning.