



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TACO SOUP

INGREDIENTS

- 1 lb 93% lean ground turkey
- 1 small onion, chopped
- 1 (15oz) can kidney beans (drained and rinsed)
- 1 (15oz) can black beans (drained and rinsed)
- 1 (15oz) can corn kernels (drained and rinsed)
- 1 can pinto beans (drained and rinsed)
- 1 (15oz) can diced tomatoes (drained and rinsed)
- 1 (8z) can low-sodium tomato sauce
- 2 tbsp taco seasoning (see back for recipe)



DIRECTIONS

1. Brown the ground turkey and onion in a large pot. Cook until the meat is no longer pink. Crumble the meat. Drain any excess fat
2. While the turkey is cooking, drain and rinse all of the contents of your cans (except tomato sauce) until the water runs clear. Feel free to do this all together as they will all be added to the soup at the same time.
3. Add all remaining ingredients, including canned ingredients, to the pot and stir to combine. Cook over medium heat, letting the soup simmer for at least 20 minutes to allow the flavors to marry.
4. Serve and enjoy!

Rinsing the contents of canned food can reduce the sodium content by up to 60%. Lowering sodium intake is crucial for individuals who are at risk for high blood pressure and heart disease. Doing something as simple as rinsing your canned goods can make a big difference!

This entire recipe, when purchased at Walmart for \$10. Yields 8 servings