



Pantry Taco Soup

Yield: 8 servings

Source: VA dietitians

Ingredients:

- 1 medium onion, chopped
- 1 tablespoon olive oil
- 1 (15oz) can pinto beans, drained and rinsed
- 1 (15oz) can garbanzo beans, drained and rinsed
- 1 (15oz) can black beans, drained and rinsed
- 1 (15oz) can red kidney beans, drained and rinsed
- 1 (15oz) can no-salt-added corn
- 2 (10oz) cans diced tomatoes with green chilies
- 1 (14.5oz) can beef broth
- 1 package taco seasoning or substitute taco seasoning mixture below
- 1 package dry ranch - optional

Taco seasoning – if no packets available

- 2 tablespoons chili powder
- 2 tablespoons cumin
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1 teaspoon paprika

Directions:

1. In a large pot add onion and olive oil and cook until onions are opaque. Place beans, corn, tomatoes, broth, taco seasoning and ranch the pot. Simmer 20-30 minutes. Enjoy!

Nutrition information:

Serving size: 1/8 of recipe

Calories: 263

Fat: 1.5g

Sodium: 716mg

Carbohydrates: 51g

Sugar: 4g

Fiber: 13g

Protein: 12g