

Taco Soup

Ingredients:

- 1 pound lean ground beef (or ground turkey)
- 4 cloves garlic , minced (or substitute 1 teaspoon garlic powder)
- 2 TBS taco seasoning
- 28 ounce can crushed tomatoes undrained
- 4 ounce can diced green chiles
- 15 ounce can pinto beans
- 1 bell pepper, diced
- 1 zucchini, diced
- 1 medium onion, diced
- 2 cups low-sodium beef broth

Directions

1. Heat a large dutch oven over medium heat. Add 2 TBS olive oil and saute onions, garlic and meat until meat is cooked through. Add bell peppers, and saute for 2-3 more minutes. Add beef broth, tomatoes, green chiles and beans. Bring to a boil, and then add diced zucchini.
2. Cover and simmer for 20 minutes, stirring occasionally, before serving. Garnish with desired toppings.
3. Enjoy!

MADE WITH LOVE

by Teresa Forchard