



WESTERN WISCONSIN HEALTH

TACO SOUP

- 1 lb. ground turkey, browned and drained (try ground turkey or chicken if you are watching fat calories - you will need to add more spice to the soup though)
- 1-32 oz. carton low-sodium chicken broth
- 1-10 oz. can low-sodium Rotel original diced tomatoes and green chilies
- 1-11.5 oz. can low-sodium "V-8" original juice
- 1 pkg. low-sodium taco seasoning, any brand (I use mild)
- 1-15.5 oz. black beans, drained and rinsed (pinto beans can be used, just not kidney beans)
- 3/4 to 1 C. (depending on how thick you want soup) of acini de pepe pasta (also known as frog eye pasta - can get at any store; or you can use rice, if you wish)

Nutrition Facts

Serving Size (326g)		Servings Per Container	
Amount Per Serving			
Calories 240	Calories from Fat 50		
% Daily Value*			
Total Fat 6g	9%		
Saturated Fat 1.5g	8%		
Trans Fat 0g			
Cholesterol 45mg	15%		
Sodium 380mg	16%		
Total Carbohydrate 29g	10%		
Dietary Fiber 5g	20%		
Sugars 4g			
Protein 18g			
Vitamin A 10%	• Vitamin C 25%		
Calcium 4%	• Iron 15%		
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<small>Calories per gram:</small>			
	Fat 9	• Carbohydrate 4	• Protein 4

Brown ground turkey in a 4-quart saucepan. Drain cooked turkey and return to pan. Add remaining ingredients (excluding the topping ingredients) and let simmer for 20 minutes or until pasta is done. When ready to serve, put soup in bowl and add toppings, if desired. Topping Suggestions: Dollop of fat-free sour cream, 1 tablespoon shredded cheese (Mexican flavor), 4 to 6 nacho-flavored baked Doritos, crushed.

NUTRITION FACTS: Serving size: 1 1/2 cup per serving, 8 servings