

Tasty Taco Soup - Serves 8

This patient favorite soup creates a perfectly balanced meal, is low-carb, has optimum protein, and is a delicious cool weather meal. I recommend doubling the batch and freezing the extra in 2-cup servings for later. Enjoy on any Key Diet.

Ingredients:

- 2 lbs. lean ground beef, chicken or turkey
- 1 small yellow onion, chopped finely
- 2-3 garlic cloves, minced
- 1 large can diced tomatoes, 28 oz.
- 2 small cans diced green Ortega chilies, 4 oz each.
- 2 cups diced fresh carrots
- 3 small yellow squash, diced into bite sized pieces
- 1 package taco seasoning
- Chicken broth, 40-50 oz.
- ½ teaspoon dried oregano
- 1 large sweet banana wax pepper, mild to medium flavored. (Add 2 T. of the juice from the jar.)



Toppings:

- Mexican cheese, shredded
- Chopped fresh cilantro
- Sour cream, regular or light
- Sliced avocados
- Sliced jalapeno chilies

How to Prepare:

1. In large skillet, add the ground meat, chopped onion and minced garlic and simmer on medium heat until meat is cooked. Add ½ of the taco seasoning package and stir until well mixed. Continue simmering.
2. Transfer meat to a large stock pan and add the chicken broth, diced tomatoes, chilies, carrots, and squash. Stir well. Cover and simmer on low for about 30 minutes.
3. Add oregano, wax pepper, and juice for flavor. Taste the broth. If more spice is desired, add more of the taco seasoning. Simmer soup for 10-15 minutes longer.
4. Put the toppings in separate bowls or together on a plate.
5. Ladle approximately 2 cups of the soup in a bowl. Sprinkle with toppings of choice.

Nutritional Analysis: Each 2-cup serving contains approximately 30 grams of protein.