

## Tasty Taco Soup – Paula Hendricks, Nutrition Consultant

This dish is one of the most popular among the patients. This soup creates a perfectly balanced meal, is low-carb, has optimum protein, and is a delicious cool weather meal. Enjoy on any Key Diet.

### Ingredients:

- 2 lbs. lean ground beef or turkey
- 1 small yellow onion, chopped finely
- 2 garlic cloves, minced
- 1 package taco seasoning, preferably Hain's
- 1 large can diced tomatoes, 28 oz.
- 1 large can chicken broth, 40-50 oz.
- 2 small cans diced green Ortega chilies, 4 oz each.
- 1 package shredded fresh carrots, 10 oz, or 2 cups diced fresh carrots
- 3 small yellow squash, diced into bite sized pieces
- ½ teaspoon dried oregano
- 1 large sweet banana wax pepper, mild to medium flavored. (Add 2 T. of the juice from the jar.)



### Toppings:

- Kraft reduced-fat Mexican cheese, shredded
- Chopped fresh cilantro
- Sour cream, regular or light

### 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 20 minutes.
3. Add oregano and 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 a plate and place on the dinner table.
5. Ladle approximately 2 cups of the soup in a bowl. Sprinkle with cheese and cilantro and add dollop of sour cream. Enjoy!

**Nutritional Analysis:** Each serving contains approximately 30 grams of protein.