

TACO SOUP*



February 4

National Homemade Soup Day



INGREDIENTS

- 2 Pounds 2 Ounces Beef (ground, raw, no more than 15% fat)
- ¼ Cup Chili Powder
- ¼ Cup + 1 Tablespoon Cumin (ground)
- 2 Tablespoons Garlic Powder
- 2 Teaspoons Onion Powder
- 1 Teaspoon Red pepper (crushed)
- 2 Teaspoons Pepper, Black (ground)
- ¾ Cups Onions (fresh, diced)
- 1 Quart Water
- ¼ Cup Ranch Dressing (dry powder mix)
- 1 Quart 2½ Cups Tomatoes (crushed, canned, no-salt-added)
- 2 Cups Salsa (canned, low-sodium)
- 2½ Cups Corn (canned, no-salt-added)
- 2 Quarts 1¼ Cups Kidney beans (canned, no-salt-added, drained, rinsed OR dry, cooked)

DIRECTIONS

1. Brown ground beef uncovered over medium–high heat in a large stock pot. Add spices. Stir well.
2. Remove beef mixture and set aside for step 4.
3. Using the same pot, cook onions uncovered over medium heat for 5–7 minutes or until soft. Reduce heat to low. Add water, ranch dressing mix, crushed tomatoes, salsa, corn, and beans. Stir well. Simmer uncovered over low heat for 2 minutes.
4. Add seasoned beef and stir. Simmer uncovered for an additional 15–20 minutes.
5. Transfer to a steam table pan (12" x 20" x 2½"). Serve immediately or cover and place in a warmer until ready for service.

MEAL PATTERN CONTRIBUTION

-  Vegetable
-  Meat/Meat Alternate

MEAL TYPE

-  Lunch/Supper

YIELD

25 Cups

PORTION SIZES

*Recipe courtesy of The Institute of Child Nutrition

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup