

"KANSAS STYLE" TORTILLA SOUP

2 lbs. cooked ground beef (or chicken)
3 T olive oil
1 large onion chopped
1 1/2-2 cups diced colorful sweet peppers
2 T diced garlic
3 cans (14.5 oz) diced tomatoes or tomato sauce

3 cans (15 oz) sweet corn
3 cans (15 oz.) kidney beans
2 lbs low fat Velveeta cheese
seasonings of choice

Rinse cooked beef in colander with hot water - drain - heat oil in large soup pan and saute onions, peppers and garlic until soft-

Add beef, corn with liquid, canned tomatoes and beans with liquid (may drain beans and add 1 cup water instead) - simmer for 20 minutes.

Cut Velveeta into chunks and add to cooled soup mixture- stir until blended - add salt and pepper to taste

May be served hot or cold

This is a mild soup and seasonings may be added at the end of the simmer period to add a little "zip" (hot sauce, cumin, taco seasoning, etc.)

Good served with Tostitos, Fritos, sour cream, etc