

AUGUST 2006 PASTORAL ACTION TEAM RECIPES

Lou's Taco Soup

*2 lbs. ground very lean beef
1 med. onion
1 envelope taco seasoning
1 envelope regular ranch salad dressing mix
2-10 oz. cans tomatoes with chilies
4 cups canned tomatoes, crushed or diced
1 can pinto beans
1 can black beans
1 can white corn*

Brown meat, rinsing with water to discard fat. Add onion and finishing browning. Stir the two dry mixes into the meat mixture. Add everything else and heat to serving temp. (I usually heat a little more and let this sit, covered, to blend the flavors, then serve. Pat) You can add more beans and/or com to stretch this and it will just as good. Yummy with grated cheese, sour cream and tostita chips if on your diet.