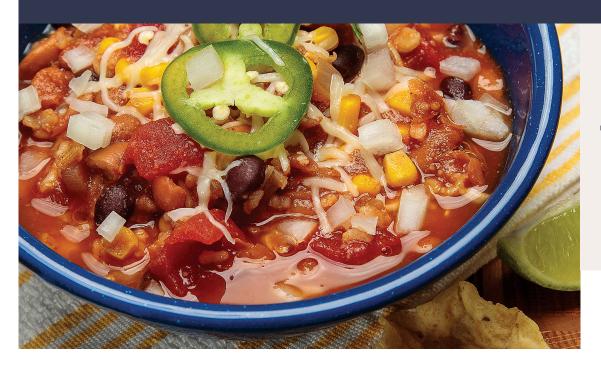


Vegetarian Taco Soup



- 2 tablespoons olive oil
- 1 large onion, diced
- 1 can (46 ounces) no-saltadded tomato juice
- 2 cans (15 ounces) pinto beans, drained and rinsed
- 1 can (15 ounces) black beans, drained and rinsed
- 1 can (15 ounces) no-saltadded corn, drained
- 1 can (15 ounces) no-saltadded diced tomatoes
- 3/4 cup dry brown rice
- 1 packet reduced-sodium taco seasoning mix
- 2 tablespoons garlic powder
- 1/2 tablespoon cumin
- 4 cups water

Optional toppings: cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.

- **1.** Wash hands with warm water and soap, scrubbing for at least 20 seconds.
- **2.** Heat olive oil in a large pot on the stovetop over medium heat.
- 3. Add diced onion and stir well.
- **4.** Cook and stir for 4 to 5 minutes or until the onion starts to turn clear.
- **5.** Add remaining ingredients and bring to a boil.
- **6.** Reduce heat to low. Cover and simmer for 40 minutes, or until rice is tender.
- 7. Just as you would a taco, top each bowl of soup with ingredients like cilantro, cheese, diced onion, crushed tortilla chips, sour cream, jalapeno, hot sauce, or avocado.
- **8.** Refrigerate leftovers within 2 hours.

Makes 14 cups Serving size: 1 cup Cost per recipe: \$9.11 Cost per serving: \$0.65

SNAP Supplemental Nutrition Assistance Program Within Reach

This institution is an equal opportunity provider. This material was partially funded by USDA's Supplemental Nutrition Assistance Program — SNAP.

Nutrition facts per serving:

220 calories; 3.5g total fat; Og saturated fat; Og trans fat; Omg cholesterol; 340mg sodium; 40g total carbohydrate; 5g dietary fiber; 6g total sugars; Og added sugars; 10g protein; 0% Daily Value of vitamin D; 6% Daily Value of calcium; 10% Daily Value of iron; 15% Daily Value of potassium.

Source:

Andrea Wilde, Staff Support, Northern KY; and Martha Yount, Nutrition Education Specialist, University of Kentucky Cooperative Extension

Cooperative Extension Service

Agriculture and Natural Resources
Family and Consumer Sciences
4-H Youth Development
Community and Economic Development

Educational programs of Kentucky Cooperative Extension serve all people regardless of economic or social status and will not discriminate on the basis of race, color, ethnic origin, national origin, creed, religion, political belief, sex, sexual orientation, gender identity, gender expression, pregnancy, marital status, genetic information, age, veteran status, or physical or mental disability. University of Kentucky, Kentucky State University, U.S. Department of Agriculture, and Kentucky Counties, Cooperating.

LEXINGTON, KY 40546



