
TACO SOUP

16 ounces	Ground Turkey
½ cup	Yellow onion, chopped
1	Taco seasoning
14 ounces	Tomato Sauce
14 ounces	Diced tomato with green chilies
14 ounces	Kidney bean, dark, drained
1 cup	Water
1 cup	Corn, frozen
4 ounces	Green chilies, chopped
½ cup	Garbanzo beans, smashed

- Brown ground turkey and chopped onion over medium heat in a saucepan, stirring occasionally. Drain mixture and blotted away excess grease.
- Add spices, cook for one minute.
- Add diced tomato, kidney beans, and water. Simmer for 10 minutes.
- Add corn, green chilies, and mashed garbanzo beans, simmer an additional 5 minutes.
- Garnish with chopped cilantro, low-fat cheese or low-fat sour cream.

6 servings