

## Beaver Bites

Healthy Tips

from O.S.U. Nutrition Education Program



January is National Soup Month. Did you know that soup was the original fast food? As early as 600 BC, the Greeks sold soup as a fast food on the street, using peas, beans and lentils as main ingredients. Hearty soups usually include vegetables, beans, and meat, providing your body with important nutrients such as protein, fiber, vitamins A and C and iron all in one pot. Enjoy this easy, inexpensive family comfort meal during January's cold winter evenings.

### Hearty Taco Soup

#### Ingredients:

- 1 pound extra lean ground beef
- 1 medium green bell pepper, diced
- 1 large yellow onion, diced
- 3 cups hot, 99% fat-free beef broth,
- 1 can tomatoes, chopped with liquid
- 1 can pinto beans or black beans
- 1 can ounce whole kernel corn
- 4 teaspoons chili powder
- 1 teaspoon cumin
- 1/4 teaspoon garlic powder
- 1/4 teaspoon cayenne pepper
- 6 crisp taco shells
- 2 cups (16 ounces) grated cheddar cheese

#### Directions:

1. Brown meat, pepper, and onions in a large skillet over medium-high heat (350 degrees in an electric skillet). Drain fat.
2. Add broth, tomatoes, beans, corn, and seasonings.
3. Reduce heat to low (250 degrees in an electric skillet), cover and simmer for 20 minutes.
4. Crumble 1/2 taco shell in each bowl, add soup, and top with cheese.
5. Serve hot. Refrigerate leftovers within 2-3 hours.

Find more recipes & information at [www.healthyrecipes.oregonstate.edu](http://www.healthyrecipes.oregonstate.edu) or <http://oregonstate.edu/dept/kbrec>

#### Nutrition Facts

Serving Size 1 Cup (249g)  
Servings Per Container 12

Amount Per Serving

**Calories** 180      **Calories from Fat** 40

% Daily Value\*

**Total Fat** 4.5g      **7%**

Saturated Fat 1.5g      **8%**

Trans Fat 0g

**Cholesterol** 25mg      **8%**

**Sodium** 670mg      **28%**

**Total Carbohydrate** 17g      **6%**

Dietary Fiber 4g      **16%**

Sugars 3g

**Protein** 17g

Vitamin A 10%      • Vitamin C 25%

Calcium 8%      • Iron 8%