



Taco Soup

Serves 4-6

Directions:

1. In a medium saucepan, brown beef and onions; drain.
2. Add corn, tomatoes, beans, tomato sauce and taco seasoning to beef.
3. Bring to a boil.
4. Reduce heat; cover and simmer for 15 minutes, stirring occasionally.
5. Serve with corn chips, cheese or sour cream if desired.

Ingredients:

- 1 pound lean ground beef
- 1/2 cup chopped onion 2 cups corn
- 1(14.5 oz.) can diced tomatoes, un-drained
- 1 (16 oz.) can black beans, rinsed and drained
- 1 (8 oz.) can tomato sauce 1 envelope taco seasoning

For previous nutrition material, recipes and future nutrition kiosks visit:

<http://www.getactivewisconsin.org/>

(Click La Crosse County, click Get Healthy Eating)

The Foot Steps to Health program is a collaboration between the La Crosse County Health Department, Coulee Region Childhood Obesity Coalition, Gundersen Lutheran's 500 Club, local businesses and local universities.