

Healthy Taco Soup



Ingredients

1 cup chopped onions	2 14.5 oz cans diced tomatoes
1 16 oz can pinto beans	1 can Rotel or 4 oz can mild diced green chilies
1 16 oz can black beans	1 oz packet of taco seasoning mix
1 16 oz can red kidney beans	
1 cup corn kernels	
8 oz low sodium tomato sauce	
2 cups water	

Instructions

In large pot, brown onions in a little water. Add drained beans, corn, tomato sauce, water, diced tomatoes, Rotel and seasoning mix. Bring to boil. Reduce heat to simmer until flavors are well blended.

Works well in a crock pot.

Nutrition Information Per Serving

Serving Size:	Fiber
Calories:	Carbohydrates:
Fat:	Protein:
Sodium:	