



Taco Soup



Adapted from *FoodHero.org*

Ingredients



- 1 onion, chopped
- 2 zucchini, chopped
- 1 Tablespoon vegetable oil
- 1 can (15.5 ounces) refried beans
- 1 can (28 ounces) diced tomatoes with juice
- 1 can (28 ounces) crushed tomatoes with juice
- 2 cans (15.5 ounces) corn, drained and rinsed
- 1 can (15.5 ounces) black beans, drained and rinsed
- 2 Tablespoons taco seasoning



Directions



Yield: 10 cups **Serving size:** 1 cup

1. Wash hands with soap and water.
2. In a skillet over medium heat, sauté onion and zucchini in oil until soft.
3. Add refried beans and stir to break up beans.
4. Add tomatoes, corn, black beans and taco seasoning.
5. Simmer over medium heat for about 30 minutes, stirring every once in a while.
6. Refrigerate leftovers within 2 hours.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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Fast Facts



Featured Food Groups



Cooking Tips



- The more vegetables you add, the more nutrients! Try adding some of your favorites.
- Freeze leftovers for another meal.
- Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 1 3/4 cups drained beans.

Second Harvest is an equal opportunity provider.

Nutrition Facts	
20 servings per container	
Serving size	1 cup (222g)
Amount per Serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 470mg	20%
Total Carbohydrate 23g	8%
Dietary Fiber 6g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 2mg	10%
Potassium 503mg	10%
Vitamin A 6mcg	1%
Vitamin C 10 mg	11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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