

Chunky Taco Soup

No. Portions: 65
 Meat/alt: 1 oz.
 F/V/J: 0.5 Cup
 Serving Size: 1 cup
 Grain/Bread: 0 srv.
 Milk: 0 FL OZ



INGREDIENTS

900034 Beef Crumbles.....	4 1/4 lb
075010 Water, cold.....	9 cup
900031 Salsa, RED GOLD NUTRITIONALLY ENHANCED	1 #10 Can
900016 Potatoes, Frozen Diced	1 Bag
019335 Sugars, granulated	1/2 cup
900035 Corn, canned with juice	1 #10 Can
900036 Beef Base (Meat First).....	2 2/1 oz
900032 Taco Seasoning	1 (9 oz bag)

DIRECTIONS

Mix all ingredients in large pot or kettle and simmer 30 minutes for flavors to blend.

Nutritional information based on beef crumbles (2.07 oz = 2 oz m/ma), Red Gold Salsa, McCain Frozen Diced Potatoes, Ventura (Meat First Ingredient) Beef Base, Allen Canning Corn, and Lawry's Taco Seasoning.

Calories	161	Total Fat.....	4.89 g
Cholesterol	20 mg	Sat Fat.....	2.09 g
Sodium	603 mg	Trans Fat	0.37 g
Dietary Fiber.....	2.77 g	21.65% Cals from Protein	
Iron	2.46 mg	50.09% Cals from Carb	
Calcium.....	61 mg	27.39% Cals from S Fat	
Vitamin A.....	1359 IU	2.09% Cals from Trans Fat	
Vitamin A.....	1359 RE	Vitamin C	15.8 mg
Protein	8.70 g	Carbohydrate.....	20.14 g