

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Spicy Potato Soup

From www.recipezaar.com

Serves 8

1 lb ground beef (free range is best!)
1 medium onion, chopped
4 cups water
3 (8 ounce) cans tomato sauce
4 cups potatoes, ¼ inch cubed
2 cups corn (fresh or frozen)
2 teaspoons salt
1 ½ teaspoons ground black pepper
½ teaspoon Tabasco hot pepper sauce

1. Brown beef and onion well, drain off excess grease.
2. Add remaining ingredients.
3. Bring to a boil, then simmer for about 1 hour or until potatoes are cooked.

NOTE: Freezes well.