

# Healthy Recipe of the Week

*Use Organic ingredients whenever possible.*

## Taco Soup

From [www.lilluna.com/2010/10/recipe-tip-of-week.html](http://www.lilluna.com/2010/10/recipe-tip-of-week.html)

Here is a quick and tasty soup that is ready in less than 30 minutes. The original recipe calls for 3 cans of beans, but I usually only add one, maybe two if I need to stretch it. If you want to make it Paleo, leave out the beans and corn, and don't use any cheese, sour cream, or tortilla chips as toppings. It will still be yummy! Add some of the other optional toppings to get in some raw veggies, or better yet, stir in some innate salad. 😊 That's what we like to do!

### INGREDIENTS:

- 1 lb. ground beef
- 1 pk. of ranch dressing\*
- 1 pk. of taco seasoning\*
- 3 cans of chili beans (Make sure to look for all-natural or organic chili beans without additives.)
- 1 can tomato sauce
- 1 large can of diced tomatoes
- 1 can of corn
- 1 1/2 c. water
- 1 can of diced green chiles

Optional toppings: diced avocado, diced tomato, sliced green onion, organic sour cream, organic shredded cheese, organic tortilla chips.

### DIRECTIONS:

1. Brown ground beef, drain if needed, and then add remaining ingredients in a large pot.
2. Bring to a boil.
3. Simmer for 15 minutes.
4. Top with optionally toppings, if desired

\*Look for seasoning packets that do NOT contain MSG (monosodium glutamate), corn syrup, or other additives. "Seeds of Change" is an organic brand that carries both a ranch dressing mix, and a taco seasoning.