

Taco Soup

1 can chili (24 ounces)

1 can low-sodium corn (drained and rinsed)

1 can low-sodium kidney beans (drained and rinsed) or two cups cooked beans

3 cups low-sodium tomato juices

4 cups water

2 cups dry elbow macaroni (or pasta of your choice)

In a large pot, mix chili, corn, beans, tomato juice, and water. Cook over medium heat until simmering.

Add pasta and continue cooking over medium heat until pasta is cooked. Stir as needed to prevent pasta from sticking to the pan.

Tip: Try adding other vegetables, such as green peppers or zucchini, for added flavor.

Yield: 8 servings (1 ½ cups each)

Nutrition Information per Serving: Calories 296, Fat 7g, Protein 14g, Fiber 5g, Sodium 431 mg, Carbohydrate 44g