

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 ¼ lb

075010 Water, cold, 9 cup

900031 Salsa, Red Gold® Nutritionally Enhanced, 1 #10 Can

900016 Potatoes, Frozen Diced 1 Bag

019335 Sugars, granulated, ½ cup

900035 Corn, canned with juice, ½ cup

900036 Beef Base (Meat First), 2 2/1 oz

900032 Taco Seasoning, 1 (9 oz bag)

INSTRUCTIONS:

1. 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
Cholesterol	20 mg
Sodium	603 mg
Dietary Fiber	2.77 g
Iron	2.46 mg
Calcium.....	61 mg
Vitamin A.....	1359 IU
Vitamin A.....	1359 RE
Protein	8.70 g

Total Fat.....	4.89 g
Sat Fat.....	2.09 g
Trans Fat	0.37 g
21.65% Cals from Protein	
50.09% Cals from Carb	
27.39% Cals from S Fat	
2.09% Cals from Trans Fat	
Vitamin C	15.8 mg
Carbohydrate.....	20.14 g

