

Taco Soup



FIELD & FORK

CAMPUS FOOD PROGRAM
UNIVERSITY OF FLORIDA

Ingredients:

1 pint	Canned ground beef
1 can	Corn, drained
1 can	Black beans, drained
1 can	Pinto beans, drained
1 can	Garbanzo beans, drained
1 large can (30 oz)	Crushed tomatoes
2 cups	Water
1 packet	Taco seasoning

Directions:

1. Combine and heat through
2. Can serve with corn chips, freeze dried grated cheese, powdered sour cream.
3. Garnish with cilantro.

