Taco Soup

1 pound ground beef, if desired
or 2 cups of rice
1 small onion, chopped
1 (1 ounce) package taco seasoning mix
*1 (15 ounce) can tomato sauce

*1 (15 ounce) can whole kernel corn, drained
*2 cups great northern beans, cooked (1 cup dry)**
*1 (15 ounce) can black-eyed peas, drained
3/4 cup water

Directions
**Cook dry northern beans before using them in this recipe. See directions below on how to cook dry beans.
In a large pot over medium heat, cook beef (optional) and onion until beef is brown; drain. Add taco seasoning, tomato sauce, water, rice (optional), corn and beans. Stir well and heat throughout, but do not boil.

Makes 6 servings
Nutritional Information: Amount per serving: Calories 436; Total Fat 14 g;
% of total calories from fat 28%; Protein 32 g;
Sodium 941 mg.

Creative meal ideas for Taco Soup:
• A variety of beans can be used in this soup. For example, you can substitute a (15 ounce) can of kidney beans or pinto beans in place of the black-eyed peas or great northern beans.
• Serve soup with a side of cornbread or crumble it in your soup. Cornbread mixes are usually inexpensive and can be purchased at the supermarket.
• Top each bowl of soup with a sprinkle of cheddar cheese.
• Add some extra kick to your soup with a couple drops of hot sauce or sodium-free Cajun seasoning.
• Make a side salad to serve with the soup.
• Store leftovers for later meals. Pour soup into freezer bags or plastic containers and place
in the freezer. Be sure to label the outside with the date.

**Cooking Dried Beans**

Sort through dry beans and discard any that are discolored or shriveled. Rinse well. Drain. Dried beans require soaking before they are cooked to replace the water lost in drying. There are two ways to do this:

- **Quick soak**: Bring 1 cup of dried beans and 3 cups of water to a boil. Boil 2 minutes. Remove pan from heat and let stand 1 hour. Drain.
- **Overnight soak**: Soak beans overnight in a pan containing 3 cups of water for each cup of beans. Drain.

Cover the soaked beans with fresh water. Add 1 tablespoon of oil or other fat to reduce foaming during cooking. Bring beans to a boil. Reduce heat to low and simmer until tender. Stir occasionally. Beans are done when they are fork tender. Most varieties take 1-1/2 to 2 hours to cook.

1 cup of dried beans makes about 2 to 3 cups cooked.
2 cups cooked beans equals 1 (16 ounce) can beans, drained

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**Easy Peach Cobbler**

½ cup butter or margarine (1 stick)
1 cup self-rising flour**
1 cup fat-free or 1% milk
1 cup sugar
1/4 teaspoon ground nutmeg, if desired
*2 (15 ounce) cans peaches (drained)

**Directions**

Preheat oven to 375 degrees F. Melt the butter in the (13"x9") pan (place pan with butter in oven to melt butter - check every few minutes); remove pan when butter is melted. Mix the flour, sugar, milk and nutmeg (if desired) together in a bowl. Pour batter over melted butter, do not stir. Spread the peaches on top of the batter, do not stir. Bake about 30 minutes or until crust is golden brown and fruit is bubbly. Be careful not to overcook. Serve warm. Top with a small scoop of ice cream if desired.

** Substitute 1 cup all-purpose flour plus 1 teaspoon baking powder and ½ teaspoon salt for self-rising flour.

-Makes 8 servings

Nutrition Information: Amount Per Serving: Calories 312; Total Fat 11 g; % of total calories from fat 33%; Protein 3 g; Sodium 356 mg.