**Taco Soup**

1 pound ground beef, if desired  
or 2 cups of rice  
1 small onion, chopped  
1 (1 oz) package taco seasoning mix  
1 (15 oz) can tomato sauce  
1 (15 oz) can whole kernel corn, drained  
2 cups great northern beans, cooked (1 cup dry)  
1 (15 oz) can black-eyed peas, drained  
3/4 cup water

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.

Recipe suggestion: A variety of beans can be used in this soup. For example, you can substitute a (15 oz) can of kidney beans or pinto beans in place of black-eyed peas or great northern beans.

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**Easy Peach Cobbler**

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

Preheat oven to 375 degrees F. Melt butter in a 13”x9” baking dish by placing the dish in the oven to melt butter - check every few minutes. Remove baking dish when the 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 1/2 teaspoon salt for self-rising flour.
Nutrition Facts

Servings Per Recipe 8
Amount Per Serving
Calories 321 33% of total calories from fat
Total Fat 11g Sodium 356mg
*Vitamin A 16% *Vitamin C 7%
*Calcium 10% *Iron 6%

* Percentage Daily Values

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