**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 substi-
tute 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

<table>
<thead>
<tr>
<th>Servings Per Recipe</th>
<th>Amount Per Serving</th>
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<td>6</td>
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<tr>
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<tr>
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<td>*Vitamin C</td>
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<tr>
<td>*Iron</td>
<td>30%</td>
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* Percentage Daily Values

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Released and Revised by Kelly Cordray, MS, RD, LD, EFNEP Nutrition Specialist

October 2004

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<th>Amount Per Serving</th>
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* Percentage Daily Values

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