



Pronto Taco Soup

Recipe of the Week #2



INGREDIENTS

- 1 lb. ground turkey (or ground round or a mix of both)
- 1 large onion, diced
- ¼ cup water (if needed)
- 1 can (15 oz.) low sodium whole kernel corn, not drained
- 2 cans (14 ½ oz. each) chopped tomatoes, not drained (any type)
- 1 can (14 ½ oz.) yellow hominy, not drained
- 1 can (15 oz.) pinto beans with jalapeño, not drained
- 1 package reduced sodium dry taco seasoning mix
- 1 package dry Hidden Valley® Ranch salad dressing
- ¼ cup fresh cilantro, chopped
- ½ cup light sour cream (optional as garnish)

DIRECTIONS

1. Spray large skillet with non-stick spray. Brown turkey in skillet until done. Set turkey skillet aside.
2. Spray soup pot with non-stick spray. Saute onion until transparent. If onion begins to burn, add water and continue cooking until done.
3. Add cooked meat and all remaining ingredients. Simmer 15-20 minutes. Stir in cilantro.
4. Garnish each cup with a small dollop of light sour cream (optional).

NUTRITIONAL ANALYSIS

Serves 10 | Serving Size: 1 cup

Calories: 134
Sodium: 650 mg
Fat: 1 g
Carbohydrates: 28 g
Saturated Fat: 0 g
Protein: 6 g
Cholesterol: 1 mg

