



Simple Vegetarian Taco Soup

20
minutes
or less

V
option

INGREDIENTS

3 cups water
1 (15.25-oz.) can Hy-Vee no-salt-added whole kernel golden corn, drained
1 (15-oz.) can Hy-Vee no-salt-added chili-style beans in chili gravy
1 (15-oz.) can Hy-Vee no-salt-added pinto beans, drained and rinsed
1 (15-oz.) can Hy-Vee no-salt-added black beans, drained and rinsed
1 (10-oz.) can Hy-Vee no-salt-added diced tomatoes and green chilies
1 (8-oz.) can Hy-Vee no-salt-added tomato sauce
1 (1.25-oz.) pkg. Hy-Vee 30%-less-sodium taco seasoning mix
Queso fresco, crumbled; for garnish
Fresh cilantro, for garnish
Hy-Vee stone-ground, restaurant style tortilla chips, for serving
Lime wedges, for serving

PREPARATION

- 1** Combine water, corn, chili beans in gravy, pinto and black beans, undrained tomatoes and chilies, tomato sauce, and taco seasoning mix in a large saucepan. Bring to a boil; reduce heat. Gently simmer, uncovered, 10 minutes.
- 2** To serve, ladle soup into serving bowls. Garnish with cheese and cilantro, if desired. Serve with tortilla chips and lime wedges.

NUTRITION FACTS

Calories: 210
Total Fat: 1g
Saturated Fat: 0g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 250mg
Carbohydrates: 37g
Fiber: 9g
Sugar: 7g
Protein: 11g