

Celinda's version of Spicy Taco Soup

1. Brown 1 lb. extra lean ground beef.
2. Add and cook till soft:
 - ½ red pepper, chopped
 - 1-2 onions, chopped
 - 2 cloves garlic, chopped.
3. Rinse with boiling water in large colander lined with paper towel.
4. Put meat and veggies in large pot.
 - Add: 28 oz. can diced tomatoes (low sodium)
 - 650 mL jar salsa (mild black bean and corn)
 - 1 can Niblets
 - 19 oz. can black beans, rinsed
 - 19 oz. can kidney beans, rinsed
 - 2 beef bouillon cubes
5. Heat to boiling, reduce to simmer.
 - Season to taste with 1-2 Tbsp. chili powder and ½-1 tsp. black pepper.
6. Add water to desired consistency.
7. Serve hot with low-fat grated cheese if desired.