

CHUNKY TACO SOUP



000108 - SOUP, CHUNKY TACO

Source: DONNA DAVIS
 Number of Portions: 65
 Size of Portion: 1 CUP

Meat/Alt 1 oz.
 Grain/Bread 0 SRV.
 F/V/J 0.5 Cup
 Milk 0 FLOZ



900034 BEEF CRUMBLES, FULLY COOKED...	4 1/4 LB
075010 WATER, COLD.....	9 CUP
900031 SALSA, RED GOLD NUTRITIONALL ENHANCED	1 #10 CAN
900016 POTATOES, ORE IDA FROZ DICED....	1 BAG
019335 SUGARS, GRANULATED.....	1/2 CUP
900035 CORN, CANNED WITH JUICE.....	1 #10 CAN
900036 BEEF BASE (MEAT FIRST).....	2 1/2 OZ
900032 TACO SEASONING, LAWRY'S.....	1 (9 OZ BAG)

Mix all ingredients in large pot or kettle and simmer 30 minutes for flavors to blend.

Nutritional information based on beef crumbles (2.07 oz = 2 oz m/m a), Red Gold Salsa, McCain Frozen Diced Potatoes, Ventura (Meat First Ingredient) Beef Base, Allen Canning Corn, and Lawry's Taco Seasoning.

Calories	161	Iron	2.46 mg	Protein	8.70 g	21.65%	Cals from Prot
Cholesterol	29 mg	Calcium	61 mg	Carbohydrates	20.14 g	50.09%	Cals from Carb
Sodium	803 mg	Vitamin A	1359 IU	Total Fat	4.89 g	27.39%	Cals from T Fat
Dietary Fiber	2.77 g	Vitamin A	1359 RE	Saturated Fat	2.09 g	11.72%	Cals from S Fat
		Vitamin C	16.8 mg	Trans Fat	0.37* g	2.09%	Cals from Trans Fat

* - Denotes Missing Nutrient Values