



## Mexican Taco Soup



Entire recipe (about 2 2/3 cups): 351 calories, 11.5g total fat (4.5g sat. fat), 669mg sodium, 29g carbs, 4g fiber, 7g sugars, 33.5g protein

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**Prep:** 10 minutes    **Cook:** 20 minutes



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### Ingredients

2 tbsp. chopped onion  
1/2 cup chopped celery  
4 oz. raw extra-lean ground beef (4% fat or less)  
1 tsp. chopped garlic  
1 tsp. taco seasoning mix  
2 cups low-sodium beef, chicken, or vegetable broth  
1/2 cup chopped tomato  
1/4 cup frozen sweet corn kernels  
1 tsp. salt-free seasoning (like Dash Original)  
1 corn taco shell  
2 tbsp. shredded reduced-fat Mexican-blend cheese  
Optional seasoning: cayenne pepper  
Optional topping: chopped cilantro

### Directions

Bring a medium pot sprayed with nonstick spray to medium heat. Cook and stir onion and celery until browned, about 3 minutes. Add beef, garlic, and 1/2 tsp. taco seasoning, and cook and crumble until beef is fully cooked and veggies have softened, about 3 minutes.

Carefully add broth, tomato, corn, salt-free seasoning, and remaining 1/2 tsp. taco seasoning. Bring to a boil, and then reduce to a simmer.

Cover and cook for 10 minutes, or until veggies are soft. Transfer to a large bowl.

Lightly crush taco shell, and distribute over the soup. Sprinkle with cheese.

MAKES 1 SERVING

This mega-sized soup for one comes from [The Hungry Girl Diet Cookbook](#) : It's a fully balanced meal in a bowl!

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