

UC-VEG

Umpqua Community Veg Education Group

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TACO SOUP

Ingredients:

- 1 ½ C Butler Soy Curls
- 1 onion, chopped
- 1 packet taco seasoning or use your own version
- 2 T Butler chik-style seasoning
- ½ t. onion powder
- 1 t. chili powder
- 1 - 16 oz can tomatoes, diced
- 1- 16 oz can pinto beans, drained & rinsed
- 1- 15.25 oz corn drained or use frozen
- 1 cup water
- ½ cup sliced olives

Soak soy curls in warm water for 10 minutes. Drain soy curls and sauté with onion and seasonings in a kettle.

Add all other ingredients. Simmer for 20-30 minutes

Serves 3-4

Nutrition Facts for Soy Curls Only (½ cup dry or ¾ cups rehydrated):

Calories 70; 3 grams carbs; 2 grams fiber; 7 grams Protein
0 fat; 0 sodium; 11% iron; 2% calcium. High in Omega 3

Recipe Credit to www.butlerfoods.com