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TACO SOUP

Serves 3-4 people

Ingredients

1 ½ cup soy curls (Butler brand)
1 onion, chopped (about 1 cup)
2 Tbsp Chik-Style seasoning (Butler brand)
1 packet Taco Seasoning (¼ cup)
1 tsp red, ground chili powder, to taste
1 15-oz can tomatoes, diced
1 15-oz can pinto beans, drained and rinsed
1 15-oz can of corn, drained. Or use frozen corn.
½ cup black olives, sliced
1 cup water

Directions

- Break any large soy curls into small pieces. Soak the soy curls in warm water for 10 minutes.
- Drain soy curls and sauté with onion and seasonings in a soup pot.
- Add all other ingredients.
- Stir and simmer for 20-30 minutes.
- Note: Chili powder blends are very similar to Taco Seasoning and can be found without added salt. They typically contain cumin, oregano, garlic, and red chili powder.
- Note: The Chick-Style Seasoning can be substituted for other plant-based bouillon. Adjust the amount used depending on the bouillon brand and sodium content.

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