

Taco Soup Chilli

1	Onion
3 cloves	Garlic
1 tbsp	Vegetable Oil
1 lb	Lean Ground Beef
1 can (28 oz)	Diced Tomatoes
1 can (19 oz)	Kidney Beans, drained and rinsed
1 can (19 oz)	Black Beans, drained and rinsed
1 can (5 ½ oz)	Tomato Paste
2-3 cups	Water
1 cup	Frozen Corn Kernels
2 tbsp	Chilli Powder
1 tsp	Oregano
½ tsp	Hot Pepper Sauce
½ tsp	Cumin
	Shredded Cheddar Cheese
	Tortilla Chips (scoops)

1. Fry onion and garlic in oil until translucent.
2. Add ground meat, brown until no longer pink, drain off excess fat
3. Add remaining ingredients.
4. Cook for 20-30 minutes, adding water if too thick.
5. Ladle into bowls and serve garnished with tortilla chips and cheese. Makes twelve, 1 cup servings

