

Taco Soup

Season: Summer/Autumn

Type: Soup

Difficulty: 

Serves: 6

Fresh from the garden: Tomatoes, Corn, onion.



Equipment:	Ingredients:
Chopping board and mats	1 Tbsp oil
Measuring spoons	250g mince
Measuring jug	600g tomatoes – chopped
Large saucepan	1 onion – washed well and chopped finely
Wooden spoon	1 can kidney beans – drained and rinsed
Ladle	1 litre beef stock
	1 cup corn kernels
	½ tsp chilli powder
	1 tsp cumin powder
	1 tsp coriander powder
	Salt and pepper
	Corn chips to serve

Method:

- Heat oil in saucepan over medium heat.
- Add mince and cook, stirring until brown.
- Add onion and continue to stir until soft.
- Add stock, tomatoes, chilli, cumin and coriander.
- Increase heat to high and bring to the boil.
- Reduce heat and simmer for 15 minutes.
- Add kidney beans and corn.
- Simmer for another 15 minutes.
- Taste and season with salt and pepper if required.
- Serve with corn chips crumbled on top just before serving.

Note:

This soup is delicious served with sour cream, chopped olives and fresh coriander on top.