

TACO FIESTA SOUP



Taco Fiesta Soup

Enjoy the spicy Southwestern taste you love as a soup, in taco salads, on baked potatoes, or in Mexican omelets. Packed with multiple whole-food ingredients, it is fiber rich and a good source of protein.

Ingredients

Roasted Tomatoes, Whole Grain Corn Chips, 8 Grain Mix (Barley Flour, Millet, Buckwheat Flour, Brown Rice Flour, Flax Seeds, Teff, Amaranth, Quinoa), Sesame Seeds, Sunflower Seeds, Textured Soy Protein, Whole Kernel Corn, Tomato Powder, Red Bell Pepper, Black Olives, Onion, Garlic, Salt, Paprika, Chili Powder, Cumin, Jalapeno, Oregano.

Nutritionals per serving

Calories – 230
Carbohydrates – 31g
Protein – 9g
Fiber – 6g
Sodium – 410mg (17%)*
Fat – 9g

I just had the healthiest meal I've ever eaten...in 5 minutes.

And you had what for lunch?

Your friends and co-workers will be ashamed to answer that question when they find out that, while they were putting away a thousand calories of dead food at the drive-thru, you were eating a filling 100% whole-food-meal with twice the taste, many times the nutrition, and a fraction of the calories.

- Convenient and portable—pour in hot or boiling water, stir, wait 5 minutes, and enjoy!
- 20 to 29 different raw, whole food ingredients in every cup.
- Great whole-food replacement for any recipe that calls for soup or soup mix-pasta, meats, potatoes, omelets, rice, anything.

Zesty Scrambled Eggs

Ingredients: 1 Taco Fiesta Soup, 5 slightly beaten eggs (or 7 egg whites), 1/3 cup water, 1/4 cup reduced-fat feta cheese (crumbled).

Instructions: Prepare soup using 1/2 cup boiling water. Pour eggs and water into lightly greased skillet: Cook on medium heat, stirring frequently until scrambled to your liking. Add soup and stir briefly. Sprinkle cheese on top and serve immediately. Makes 4 servings.

Tip: Many of our soups are great with scrambled eggs or omelets. Try Asian Garden, Lentil Chili, Black Bean Chowder, and Japanese Mushroom. If you have half a cup left over from another recipe, it can be used later in an omelet or with scrambled eggs.

Nutritionals per serving

Calories – 164
Carbohydrates – 8g
Protein – 12g
Fiber – 2g
Sodium – 293mg (12%)*
Fat – 9g

* Percent Daily Value based on a 2,000 calorie diet



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