

Mexican Taco Stew

½ lb.	Ground Beef or Turkey
1	Onion, medium, chopped
2	Garlic Cloves, minced
2 Tbsp.	Taco Seasoning
2 c.	Chicken Broth
1	Zucchini/Summer Squash, large, cut into small pieces
1 (15 oz)	Black Beans, canned, drained
1 (14.5 oz)	Tomatoes, diced
1 c.	Corn kernels, frozen
1 c.	Salsa, medium

Brown meat in a large pot over medium high heat. Drain, remove and set aside. In same pot sauté' onion and garlic until onion is translucent. Add meat back to pot and sprinkle mixture with taco seasoning to blend. Add remaining ingredients and simmer covered, stirring occasionally, 10-15 minutes.

Serves 4

Estimated cost: \$3.11

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