

Prep time: 10 minutes

**double recipe:**

- 1/2 C chopped onion
- 1 lb lean ground beef
- 3T taco seasoning
- 32 oz tomato sauce
- 1 small can tomato paste (no stewed tomatoes)
- 16 oz water
- 2 cans kidney beans (undrained)
- 2 cans black beans (rinsed)
- 1 cup frozen corn
  
- shredded cheese (pepper jack is good)
- corn chips (Fritos)
- sour cream
- avocados

**Taco Beef Soup**

This chunky soup is like a taco in a bowl—

- 1/2 pound ground beef *plus add corn*
- 1/4 cup chopped onion
- 1 1/2 cups water
- 1 ~~16-ounce can stewed tomatoes~~ *cut up*
- 1 16-ounce can kidney beans
- 1 8-ounce can tomato sauce
- 1/2 envelope (2 tablespoons) taco seasoning mix
- 1 small avocado, peeled, seeded, and chopped
- Shredded cheddar cheese
- Corn chips
- Dairy sour cream

In large saucepan cook ground beef and onion till meat is browned; drain off excess fat. Add water, **undrained** tomatoes, **undrained** kidney beans, tomato sauce, and taco seasoning mix. Simmer, covered, 15 minutes. Add avocado. Pass cheese, corn chips, and sour cream to top each serving. Makes 6 servings.

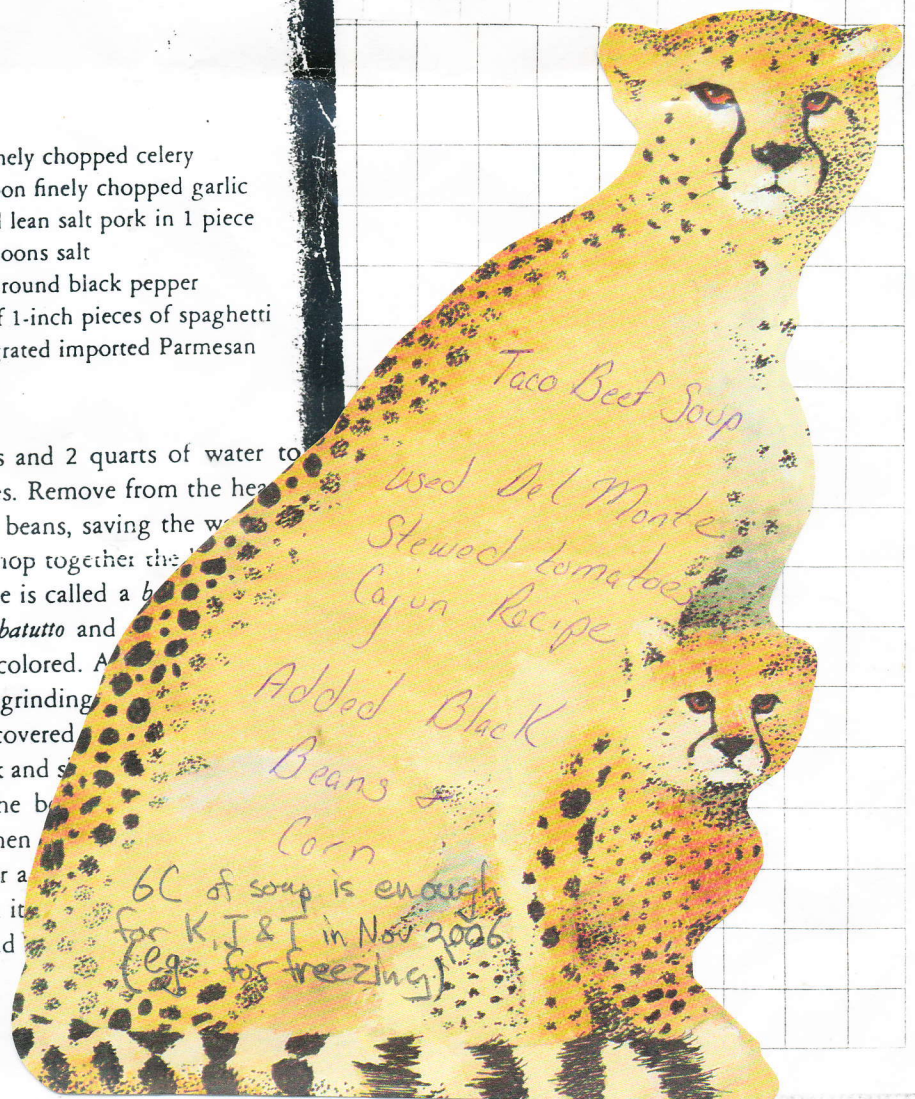
*avocados  
black beans  
corn*

*Zuppa di Fagioli con la Pasta*  
BEAN SOUP WITH PASTA

To serve 4 to 6

- 1 cup dry white beans (marrow, Great Northern, navy or white kidney)
- 2 to 2 1/2 quarts water
- 2 tablespoons olive oil
- 1/2 pound cooked smoked ham, cut in 1/4-inch cubes (about 2 cups)
- 1/2 cup finely chopped onions
- 1/4 cup finely chopped celery
- 1/2 teaspoon finely chopped garlic
- 1/4 pound lean salt pork in 1 piece
- 1 1/2 teaspoons salt
- Freshly ground black pepper
- 1/2 cup of 1-inch pieces of spaghetti
- Freshly grated imported Parmesan cheese

In a 3- to 4-quart saucepan, bring the beans and 2 quarts of water to boil over high heat and boil them for 2 minutes. Remove from the heat and let the beans soak for 1 hour. Then drain the beans, saving the water. Add enough fresh cold water to make 2 quarts. Chop together the onions, celery, and garlic into very small pieces. This mixture is called a *batutto*. Heat 2 tablespoons olive oil in a large pot or kettle, stir in the *batutto* and salt pork, and season with salt and a few grindings of black pepper. Bring to a boil, reduce the heat and simmer partially covered until the beans are tender. Discard the salt pork and ham. With a slotted spoon, remove about half the beans and purée them through a sieve or food mill, then return to the pot. Simmer over low heat, stirring constantly, for 10 to 15 minutes, or until the spaghetti is tender. Ladle into a large tureen or soup bowls and



*Taco Beef Soup*  
*used Del Monte Stewed tomatoes*  
*Cajon Recipe*  
*Added Black Beans & Corn*  
*6C of soup is enough for K, J & T in Nov 2006 (eg. for freezing)*



From: lindsay maloney <lindsaymaloney@yahoo.com>  
Subject: **grannys meatballs**  
Date: August 31, 2010 6:24:17 PM PDT  
To: jane lafortune <janelafortune@comcast.net>

1 lb ground beef  
3/4 C rolled oats  
1/2 C parm cheese  
1 T parsley  
1/2 t garlic salt  
1/2 C milk  
1 egg  
1 T lemon juice  
1 t celery seed  
1/8 t pepper

I cook it at 350, and flip it once. (no idea how long) there was no direction on cooking time or temp... hope linnea can have a great meal!

turn over to grease  
place until

ions. Roll each  
to fit a greased

crust starts to  
baked-in air

re 24 hours  
or future use.

h to rise on

cupboard, you  
e is sauce left  
y.

## After-Church Stew

Serves 5-6

GREAT

KIDS LIKE

This recipe is dedicated to all of my friends at Portage United Methodist. It's the perfect answer for Sunday dinner. Potatoes cook as you set the table and read the paper!

- 1-1/2 pounds lean beef cubes (1-1/2 inch cubes of chuck or round)
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1/4 teaspoon basil leaves
- 2 stalks celery, cut in diagonal pieces
- 4 medium carrots, pared and quartered
- 2 medium onions, cut in 1/2 inch slices
- 1 (10-3/4 ounce) can condensed tomato soup
- 1/2 soup can water
- 3 medium potatoes

1. Place beef (no need to brown it) in 3 quart casserole. Sprinkle with salt, pepper and basil. Top with celery, carrots and onions.
2. Combine soup and water. Pour over meat and vegetables, coating all pieces. Cover tightly.
3. Bake in slow 300° oven 3 hours.
4. Add potatoes and bake 45 minutes longer.