

Recipe of the Week

Mexican Taco Stew

An easy-to-throw-together, affordable stew that feeds a crowd. Top bowlfuls of this beefy tomato and corn stew with dollops of sour cream and spoonfuls of your favorite salsa.

Serves 4

Ingredients

1/2 pound 85% lean ground beef or turkey
1 medium onion, chopped
2 garlic cloves, finely chopped
2 tablespoons taco seasoning (gluten-free)
2 cups low-sodium chicken broth
1 large zucchini or summer squash, cut into small cubes
1 (15-ounce) can no-salt-added black beans
1 (14.5-ounce) can diced tomatoes
1 cup frozen corn kernels
1 cup medium salsa



Method

Brown meat in a large pot over medium high heat. Drain, remove and set aside. In the 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, 15 to 20 minutes.

Nutrition

Per serving (about 20oz/578g-wt.): 310 calories (70 from fat), 8g total fat, 2.5g saturated fat, 35mg cholesterol, 820mg sodium, 42g total carbohydrate (9g dietary fiber, 10g sugar), 20g protein

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