

Meals-in-a-Jar
Made Easy

TACO SOUP

- 1 tsp. Salt
- 1 tsp. Thrive Garlic
- 2 T. Thrive Tomato Sauce
- 2 T. Taco Seasoning
- 2 T. Thrive Green Chili Peppers
- 1/2 c. Thrive Refried Beans
- 1/4 c. Thrive Onion Slices
- 1/2 c. Thrive Sweet Corn
- 3/4 c. Thrive Instant Black Beans
- 3/4 c. Thrive Beef Dices
- 3/4 c. Thrive Tomato Dices

Add contents of jar to 5 cups of water in a medium saucepan. Bring to a boil. Simmer on medium for 15 minutes. Let stand 10 minutes until soup thickens.

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