

Spicy Taco Soup

- 2 16 ounce cans diced tomatoes
- 3 8 ounce cans tomato sauce
- 4 cloves garlic, minced
- 5 Tablespoons sugar
- 1 Tablespoon chili powder
- 2 teaspoons salt
- 3 teaspoon cumin
- ½ teaspoon oregano
- ½ teaspoon pepper
- 4 cups water



- Mix all ingredients together in a large saucepan, and simmer for 30 minutes, stirring occasionally.
- Fill your bowl with 1 cup hot soup (29 mg phe), and then choose a topping:

Low protein tortilla chips (from Low Protein Cookbook)	1 chip = trace (0 mg phe)
Sliced avocado	10 grams = 7 mg phe
Sliced olives	10 grams = 3 mg phe
Chipped onion (10 grams is about 1 Tablespoon)	10 grams = 6 mg phe