

Tacos

Serves 4



Directions

1. In a saucepan or electric skillet, add 1 teaspoon Mexican Seasoning to 1 cup meat sauce master mix.
2. Heat through.
3. Spoon 1-2 Tablespoons of the meat sauce master mix and seasoning mixture into a taco shell.
4. Add salsa, lettuce, tomatoes, onions, and shredded cheese.

Taco Soup

Serves 6



Directions

1. In a saucepan or electric skillet, mix 2 cups meat sauce master mix with 1 teaspoon Mexican Seasoning.
2. Add 1 15-ounce can diced tomatoes; 2 cups cooked kidney, pinto or black beans (or 1 15-ounce can, drained); and 1 15-ounce can corn, drained.
3. Add 1 cup of water and bring to a boil.
4. Simmer 10 minutes.
5. Add more water, if needed.
6. Ladle into bowls and sprinkle with shredded cheese.
7. Serve with corn chips, olives, and/or low-fat sour cream.

Italian Soup

Serves 6



Directions

1. In a saucepan or electric skillet, mix 2 cups meat sauce master mix with 1 Tablespoon Italian Seasoning.
2. Add 1 15-ounce can crushed tomatoes; 2 cups cooked cannellini beans (or 1 15-ounce can, drained); 2 cups beef broth; and ½ cup uncooked pasta.
3. Add 1 cup vegetables.
4. Bring to a boil.
5. Add more water, if needed.
6. Simmer 10 minutes.