

MEXICAN COLESLAW SOUP

Time: 30 minutes

Serves: 4

Ingredients:

- 1 pound extra lean ground beef
- 1 large onion - chopped
- 3 cloves garlic - crushed or finely chopped
- 2 teaspoons chili powder
- 2 teaspoons dried oregano
- 1 teaspoon ground cumin
- 4 cups beef stock
- 14 ounces diced canned tomatoes
- 1 tablespoons canned green chilis
- 1 pound bag cole slaw mix or shredded cabbage

Preparation:

Heat a large pot on medium-high heat and add the ground beef. Keep breaking the beef into smaller pieces while mixing often.

After five minutes, add the onion and garlic.

Cook until beef is browned then add the chili powder, oregano and cumin. Cook while stirring for another minute.

Add the beef stock, tomatoes and green chilis then bring to a boil.

Simmer for three minutes, then add the coleslaw mix and simmer for an additional minute.

Nutritional Information Per Serving:

- Calories: 249
- Fat: 7g
- Carbs: 15g
- Fibre: 4g
- Protein: 32g