



## 222 Soup

### Ingredients

2 Lbs. Ground Beef  
2 Cans of Progresso Minestrone Soup  
2 Cans of Diced Tomatoes  
2 Cans of Black Beans

Tip: Feel free to add 2 cans of anything else that you have in your cabinet. (i.e. corn, string beans, etc.)

¼ Cup Minced Dried Onion  
2 Tbsp Chili Powder  
1 Tbsp Cumin  
2 Tbsp Garlic Powder  
2 Bay Leaves  
1 Tbsp Sugar  
Seasoning Salt and Pepper (to taste)

Brown ground beef and add seasonings  
Dump all other ingredients into a big pot  
Drain ground beef and add to the pot of ingredients  
Add sugar  
Let simmer for a little while  
Top with a dollop of sour cream

Enjoy!

