

## TACO SEASONING DIRECTIONS

1. Brown 1 lb. hamburger, drain fat.
2. Stir in 1/4 cup mix, 1teaspoon salt & 1 cup of water.
3. Simmer for 8-10 minutes, stirring occasionally.

Makes filling for 8-10 tacos (2 cups).

**Ingredients: Dehydrated onion, chili peppers, yellow corn flour, dehydrated garlic, paprika, cumin, tomato powder, cayenne, oregano, citric acid, silicon dioxide (an anti-caking agent).**

## TEN BEAN SOUP

Wash beans thoroughly. Cover with water in a 6-quart kettle and soak for 10-12 hours. Drain.

Add 2 quarts of water then add ham or ham pieces.

Simmer 2-3 hours.

Add 1 large onion, chopped; 1 large green pepper, minced.

1 clove of garlic minced; 2 stalks celery, thinly sliced; 2 carrots, diced, juice of 1 lemon;

1 large can tomato. Salt & pepper to taste.

Simmer 40-50 minutes