CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Taco Soup

Budget Protein & Batch Cooking

www.consciousrewire.com

Taco Soup

Budget Protein & Batch Cooking

What This Supports

Supports budget-friendly protein intake and consistent energy.

Why It Works

Combines legumes, protein, and spices into a filling, cost-effective meal.

Ingredients

Taco Soup

Ingredients:

2-3 tbsp ghee

.5 lb each ground pork and bison

1-3 tbsp each salt, cumin, chilli powder, coriander

3 green Thai chilies

1 shallot

1 tsp tumeric paste

4 cups broth

1 bunch rappini

1-2 cups button mushrooms

Lime juice

Hot sauce

Tamari

Directions

Heat ghee in soup pot on medium-low and add in chilies, shallot, and turmeric paste. Cook for 1-2 minutes or until shallot is translucent.

Add in ground pork and bison, stirring occasionally until cooked. Add in spices and mix.

Add broth and heat through. Then add in chopped rappini and mushrooms. Heat until veggies are cooked through.

Best Use

Ideal for batch cooking and work lunches.

Food Safety & Notes

Cool before storage and reheat fully.

Storage & Reheating

Refrigerate up to five days or freeze.