

## Steak and Potato Soup (makes 6 servings)

vegetable oil cooking spray  
6 oz boneless beef sirloin steak, cut into thin strips  
1 cup chopped onion  
2, 15 oz cans stewed tomatoes, undrained  
1, 15 oz can kidney beans, undrained  
2 unpeeled baking potatoes, washed and cubed  
1 cup beef broth, low sodium  
1 cup water  
1 tsp cumin  
1 tsp chili powder  
1 tsp garlic powder

Spray large skillet or Dutch oven with nonstick cooking spray. Heat over medium-high heat. Add beef and onion and cook until lightly brown. Add remaining ingredients, bring to a boil; partially cover and simmer. Cook until potatoes are tender, about 25 minutes. Serve hot.

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Soup Nutrition per 2 cup serving: 290 calories; 15 g protein; 47 g carbohydrates; 4.5 g total fat; 1.5 g saturated fat; 20 mg cholesterol; 9 g fiber; 300 mg sodium

Meal Suggestion: This hearty soup needs only a fresh green salad and fresh orange to make it a family meal.