

## Low FODMAP Ground Beef Taco Soup

**IBS Friendly   Gluten-Free   Lactose-Free   Low FODMAP**

Also known as Santa Fe Soup, this is a one-pot recipe with all of the flavors you'd expect from a taco. Adults who grew up with taco soup enjoy childhood memories of this comfort dish that warmed them up on many a chilly winter's day, and today's kiddos love it just the same.

The base is low FODMAP chicken stock, with taco seasoned ground beef, canned corn kernels, chopped scallion stems (in place of white onion), crushed tomatoes and lime juice, all slightly thickened with gluten-free masa harina.

Each piping hot bowl is topped with chilled, shredded iceberg lettuce, crushed corn tortilla chips, lactose-free sour cream and black olives. Warm soup with chilled fresh toppings, just like the hot/cold palate of tacos.

Please note that you will find additional dairy options in the Tips section at the bottom of this recipe, to your tolerance.

*Let's FODify It!*

**Serves: 8**

### **TACO SEASONING INGREDIENTS:**

2 tsps pure mild red chile powder containing no onion or garlic, the label should simply read: "red chiles"

1 tsp smoked paprika

1/2 tsp ground cumin

1/2 tsp dried oregano

1/2 tsp salt

1/2 tsp fresh ground black pepper

### **GROUND BEEF INGREDIENTS:**

2 Tblsps low FODMAP garlic-infused olive or canola oil

1 1/2-pounds (680 g) lean ground beef, grass fed if available

1 cup (50 g) thin sliced scallions, green parts only

### **SOUP INGREDIENTS:**

1, 14.5-ounce (411 g) can plain, diced tomatoes, including the can juices (such as Muir Glen brand)

1, 8.5-ounce (241 g) can plain, canned yellow corn kernels, drained

3 Tblsps gluten-free masa harina, plus 1 Tblsp more if needed

4 cups (945 ml) low FODMAP chicken stock, containing no onion, garlic or other high FODMAP ingredients

Juice and zest of 1 lime

### **TOPPINGS:**

1 1/2 cups (115 g) shredded iceberg lettuce, chilled

24 black olives, sliced and chilled

24 gluten-free corn tortilla chips, crushed

1/2 cup (120 g) low FODMAP lactose-free sour cream (such as Green Valley Creamery brand)

### **METHOD:**

Mix together the taco seasoning ingredients in a small bowl and set aside.

Pour the garlic oil into a Dutch oven or heavy bottom, large soup pot. Bring to medium high heat. When the oil shimmers, add the beef. Stir using a wooden spatula to break up the meat into smaller pieces (like taco meat). Cook until browned. Add the taco seasoning and scallion greens. Stir for 1 minute.

Add the tomatoes, corn and masa harina. Stir for about 2 minutes. Pour in the chicken stock, lime juice and zest. Bring to a boil. Continue to stir until the soup thickens to a light gravy consistency, about 4 minutes.

Reduce heat to low, cover and simmer for 15 minutes, stirring often.

To Plate: Fill 8 bowls with equal portions of soup. Top with equal portions of: lettuce, black olives, crushed chips, and 1 Tbsp dollop of sour cream. Serve immediately.

When stored in an airtight container, the soup will keep in the refrigerator for up to 3 days.

### **TIPS:**

Tablespoons are US Standard / Imperial 3 teaspoons per

To your tolerance as you plate, top each bowl with 2 Tblsps shredded Monterey Jack cheese, then add the fresh topping ingredients. This way, the cheese melts into the hot soup before you add the chilled toppings.

Also to your personal tolerance, use conventional cow's milk sour cream in place of lactose-free.

This recipe was assessed by Dede Wilson of FODMAPeveryday.



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