



Somethin' In The Oven With Shana Lovin is on KRIG 104.9 FM every Wednesday morning at 8:15:

Beefy Taco Soup

1 lb. Ground beef, browned
15 oz can stewed tomatoes
15 oz can kidney beans, drained
1 1/4 oz env. taco seasoning mix
8 oz can tomato sauce

Stir together all ingredients; put into slow cooker. Cover and heat on low 6-8 hrs; stirring occasionally. (Or you can cook on low on stovetop)... Great served with corn chips, cheese, etc....



**KEEPSAKE
CANDLES**