Taco Twist Soup

1 onion, chopped

2 cloves garlic, minced

2t canola oil

3c reduced-sodium beef broth

15oz can black beans, rinsed and drained

14 ½oz can diced tomatoes

1 ½ c salsa

1c uncooked spiral pasta

1sm green pepper, chopped

2t chili powder

1t cumin

1lbs ground beef, browned

In a lg sauce pan sauté onion and garlic in oil. Add the rest of ingredients, bring to boil, stirring frequently. Reduce heat and cover, simmer 10-15min or until pasta is cooked. Serve with shredded cheddar and sour cream.