



# TACO SOUP

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## INGREDIENTS

- 1 lb ground beef
- 1 onion, diced
- 1 4oz can mild green chiles
- 2 c chicken stock
- 1 28 oz can diced tomato
- 2 Tbsp taco seasoning
- 2 14oz cans black beans, drained and rinsed
- 1 c frozen corn
- 1 green bell pepper, diced
- 1 red bell pepper, diced

### Taco Soup Toppings:

- Cheddar cheese
- Sour cream
- Avocado
- Green onions
- Cilantro

## DIRECTIONS

1. In a large soup pot, brown the beef along with the onions.
2. Add remaining ingredients and simmer 30 minutes.
3. Serve with warm with cheese, sour cream and/or fresh cilantro.



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## SHOPPING LIST

onion,  
1 4oz can mild green chiles  
Chicken stock  
1 28 oz can diced tomato  
Taco seasoning  
2 14oz cans black beans  
Frozen corn  
Green bell pepper  
Red bell pepper  
  
Taco Soup Toppings:  
Cheddar cheese  
Sour cream  
Avocado  
Green onions  
Cilantro

## SIDE OPTIONS

Corn Bread  
Chips and Corn Salsa or  
Guacamole  
Side Salad