

Taco Soup

Serves 4-6

Recipe from Angela Moore at www.angelamoore.typepad.com



Ingredients:

- 1 lb ground turkey or beef
- 1 medium sweet onion, finely chopped
- 1 tsp cumin
- 2 Tbsp taco seasoning
- ½ tsp chili powder
- 1 ½ tsp dry Ranch dressing mix
- 2 (10 oz) cans diced tomatoes with green chiles (medium or mild)
- 2 (15 oz) cans red kidney beans, drained and rinsed
- 1 cup frozen corn
- 1-2 cups chicken or beef stock
- Optional: grated cheese, avocado, sour cream, tortilla chips

Directions

In a large soup pot brown ground meat and onion over medium high heat until cooked through. Add in seasonings, tomatoes, beans, and stock (as much as you want). Cook over medium low heat for 20 minutes. Add in frozen corn and cook another 10 minutes. Ladle into bowls and serve with optional fixings.