Easy Taco Soup

Jacob · 30/09/2024



Prep Time

45 mins

Dificult

Medium

Servings

10

Description

This taco soup recipe is a quick and easy alternative to Taco Tuesdays Serve this dish with desired toppings such as shredded cheese sour cream lime wedges and Fritos corn chips It is a great soup for a lastminute potluck invite

Ingredients

- - 2 pounds lean ground beef - 1 large onion
- minced - 3 cloves garlic
- minced - 2 (1 ounce) packets taco seasoning mix - 1 (15 ounce) can black beans
- rinsed
- and drained - 1 (11 ounce) can Mexican-style corn
- drained - 1 (10 ounce) can diced tomatoes and green chiles (such as RO*TEL) - 1 quart tomato juice - 1 bunch cilantro
- minced
- or to taste - 1 large lime
- halved - 1 pinch salt and ground black pepper to taste

Instructions

1. Heat a heavy-bottomed soup pot over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly
2. 5 to 7 minutes. Drain and discard grease. Add onion and garlic. Cook over medium to medium-high heat
3. stirring often
4. until onions begin to soften
5. about 5 minutes. Add taco seasoning; cook and stir until fragrant
6. 1 to 2 minutes. Stir in black beans
7. corn
8. and diced tomatoes. Stir in tomato juice and scrape any browned bits of food off the bottom of the pan with a wooden spoon. Bring to a simmer; add cilantro and squeeze juice from lime halves into the pot. Simmer until flavors have melded
9. 15 to 20 minutes. Season with salt and pepper. Cook’s Note Any type of ground meat can be used instead of beef. I've also used diced-up leftover Sunday roast with tasty results. I use La Tiara taco seasoning mix.For extra lime flavor
10. you can simmer the lime halves in the soup. Just discard them before serving.