Easy Taco Soup with Ground Beef

Jacob · 30/09/2024



Prep Time

45 mins

Dificult

Medium

Servings

4

Description

A few pantry canned ingredients add big flavor to this weeknight taco soup Tomato sauce adds body but jarred salsa will do in a pinch

Ingredients

— - 1 pound 93% lean ground beef - 1 cup chopped onion - 4 cloves garlic

— minced - 2 (15 ounce) cans petite diced tomatoes

— undrained - 1 (15 ounce) can whole kernel corn

— well drained - 1 (15 ounce) can black beans

— rinsed and drained - 1 (15 ounce) can tomato sauce - 1 (14.5 ounce) can beef broth - 1 (4 ounce) can diced green chile peppers

— undrained - 1 tablespoon chili powder - 1 teaspoon ground cumin - ½ cup shredded Cheddar cheese - ¼ cup sour cream - coarsely crushed tortilla chips - fresh jalapeno slices - cracked black pepper

Instructions

1. Add beef
2. onion
3. and garlic to a 4- to 6-quart Dutch oven. Cook over medium heat
4. stirring and breaking up lumps
5. until meat is browned and onion is tender
6. 5 to 7 minutes. Stir in diced tomatoes
7. corn
8. beans
9. tomato sauce
10. beef broth
11. green chiles
12. chili powder
13. and cumin. Bring to a boil; reduce heat to low. Simmer
14. covered
15. about 20 minutes. Serve soup topped with Cheddar cheese
16. sour cream
17. crushed chips
18. jalapeño slices
19. and/or black pepper.