

# TACO SOUP

## INGREDIENTS:

- 2 tsp olive oil
- 1 1/4 lb. lean ground beef
- 1 medium yellow onion chopped (1 1/2 cups)
- 2 cloves garlic, minced (2 tsp)
- 1 jalapeno, seeded and finely chopped (optional)\*
- 2 (14.5 oz) cans diced tomatoes with green chiles
- 1 (14 oz) can low-sodium beef broth
- 1 (8 oz) can tomato sauce
- 1 Tbsp chili powder\*\*
- 1 tsp ground cumin
- 3/4 tsp ground paprika
- 1/4 tsp dried oregano
- 1 1/2 Tbsp dry ranch dressing mix, or 1/3 cup chopped cilantro and 1 Tbsp fresh lime juice (see notes\*\*\*)
- Salt and freshly ground black pepper
- 1 1/2 cups frozen corn
- 1 (14.5 oz) can black beans, drained and rinsed
- 1 (14.5 oz) can can pinto beans, drained and rinsed

## DIRECTIONS:

1. Heat a large pot over medium-high heat drizzle lightly with oil.
2. Add ground beef in a large along with chopped onion, crumbling and stirring occasionally until browned. Add jalapeno and garlic and sauté 1 minute longer.
3. Drain excess fat from beef mixture.
4. Stir in tomatoes with chiles, beef broth, tomato sauce, chili powder, cumin, paprika, oregano, ranch dressing mix and season with salt and pepper to tastes. Cover pot with lid and simmer 30 minutes, stirring occasionally.
5. Add in corn, black beans and pinto beans and cook until heated through. Add 1/2 cup water to thin soup if desired. Stir in cilantro and lime if using.
6. Serve warm finished with desired toppings.