



Category (Soups)

Taco Soup

Submitted by (Unknown)

<p><u>Recipe</u></p> <p>(This recipe is fast, easy and adaptable to your family's tastes)</p> <p>1-1 1/2 lbs. ground beef or ground turkey (optional) 1/4 c chopped onion 1/4 c chopped green pepper 1 (28 oz.) can diced tomatoes or tomato sauce 1 (10 oz.) pkg frozen corn or 1 can drained corn 1 to 1 1/2 T Chili Powder (to taste) 2 (15 1/4 oz.) cans kidney beans (undrained) or we prefer, 1 can kidney beans, 1 can black beans, and 1 can white beans, (or any kind you like) drained & rinsed and 1 can of beans in chili sauce. 1 t garlic powder 1/2 c prepared taco sauce or 1 packet of taco seasoning</p> <p>Put it all together in a large pan and simmer for about 30 minutes. garnishes: (optional) a dollop of sour cream, grated cheese, chopped green onion, minced garlic. Scoop up on tortilla chips or eat with a spoon.</p>	<p><u>Grocery List</u></p> <p>(Ingredients you need from the store for recipe and any side dish you might add.)</p>
<p><u>Side dish</u></p> <p>(Optional: Any suggestions of foods that might go well with the main dish.)</p>	<p><u>Tips/Helpful hints</u></p> <p>(Any ideas that might be helpful to know when making this recipe.)</p>