



Taco Soup

Ingredients

1 lb Ground Beef

2 tbsp Olive Oil

1 cup Thinly Chopped Onions

1 cup Thinly Chopped Green Pepper

1 can of Rotel

1 can of Black Beans

1 can of Corn

1/4 cup Brown Sugar

Taco seasoning *to taste

Garlic powder *to taste

Salt *to taste

Pepper *to taste

1 tbsps Beef Bouillion

2-3 cups Water

Toppings:

Shredded Chicken

Sour Cream

Avocado

Directions-

-Brown Ground Beef

-Saute' Green Peppers and Onions in Olive Oil

-Add cans of Rotel, Black Beans, and Corn

-Stir all ingredients together in pan

-Add Brown Sugar, Taco Seasoning, Garlic Powder, Salt, Pepper, 1 tbsp Beef Bouillion, 2-3 cups of water

-Cook all ingredients together on medium heat for 5 minutes, then turn heat to low for 5 minutes

*You can top the soup with shredded cheese, avocado, and tortilla chips

****COOKING IN A CROCK POT:**

If you want to cook your soup in a crock pot, first brown your beef in a frying pan on your stovetop and then dump all of the soup ingredients in your crock pot and mix together. Turn your crockpot on warm and let it simmer in the crockpot for 2-8 hours!



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