

Simple Taco Soup

Taste of Home One-Dish Meals

Servings: 6

2 pounds ground beef
1 envelope taco seasoning mix
1 1/2 cups water
1 can (16 oz) mild chili beans, undrained
1 can (15 1/4 oz) whole kernel corn, frozen, drained
1 can (15 oz) pinto beans, rinsed and drained
1 can (14 1/2 oz) stewed tomatoes
1 can (10 oz) diced tomato with green chiles
1 can (4 oz) chopped green chiles (optional)
1 envelope ranch salad dressing mix

In a Dutch oven, cook beef over medium heat until no longer pink; drain. Add taco seasoning and mix well.

Stir in the remaining ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 15 minutes or until heated through, stirring occasionally.

Yield: 2 quarts

Per Serving (excluding unknown items): 631 Calories; 41g Fat (58.2% calories from fat); 34g Protein; 32g Carbohydrate; 9g Dietary Fiber; 129mg Cholesterol; 508mg Sodium. Exchanges: 1 1/2 Grain(Starch); 4 Lean Meat; 1/2 Vegetable; 6 Fat; 0 Other Carbohydrates.