

Taco Soup (Slow Cooker)

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Feasting With Friends - Martin Memorial Auxiliary, Inc - 2011

1 pound ground beef or turkey
1 onion, chopped
1 can (16 ounce) chili beans with liquid
1 can (15 ounce) kidney beans with liquid
1 can (15 ounce) whole kernel corn with liquid
1 can (8 ounce) tomato sauce
2 cups water
2 cans (14.5 ounce ea) peeled and diced tomatoes
1 can (4 ounce) diced green chili peppers
1 package (1.25 ounce) taco seasoning mix
1/2 package ranch dressing mix

In a medium skillet, cook the ground meat over medium heat until browned. Drain.

Place the meat in a slow cooker. Add all of the other ingredients to the slow cooker (or a Dutch oven). Mix to blend.

Cook on LOW for eight hours (or two hours in the Dutch oven if you are in a hurry).

Per Serving (excluding unknown items): 217 Calories; 1g Fat (2.3% calories from fat); 7g Protein; 47g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 3829mg Sodium. Exchanges: 4 1/2 Vegetable; 1 1/2 Other Carbohydrates.