

# Taco Soup

*Best Slow Cooker Recipes*  
*Pillsbury Classic Cookbook #370*

## Servings: 10

*4 cups cooked chicken, shredded*  
*1 3/4 cups onions, finely chopped*  
*1 can (16 ounce) chili beans in medium sauce, undrained*  
*1 can (15.25 ounce) whole kernel corn, drained*  
*1 can (15 ounce) black beans, drained and rinsed*  
*1 bottle (12 ounce) light beer with lime*  
*1 can (10 ounce) diced tomatoes with green chiles, undrained*  
*1 package (1 ounce) 40% less-sodium taco seasoning mix*  
*multigrain tortilla chips (if desired)*  
*chopped avocado (if desired)*  
*fresh cilantro sprigs (if desired)*

## Preparation Time: 15 minutes

Spray a five-quart slow cooker with cooking spray.

In the slow cooker, mix the chicken, onions, chili beans, corn, black beans, beer, tomatoes and taco seasoning mix.

Cover and cook on LOW heat setting for five hours or until hot.

Serve with tortilla chips and garnish with avocado and cilantro.

Start to Finish Time: 5 hours 15 minutes

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Per Serving (excluding unknown items): 174 Calories; 3g Fat (15.0% calories from fat); 22g Protein; 15g Carbohydrate; 3g Dietary Fiber; 48mg Cholesterol; 45mg Sodium. Exchanges: 1 Grain(Starch); 2 1/2 Lean Meat; 1/2 Vegetable.

Slow Cooker, Soups, Chili and Stews

## Per Serving Nutritional Analysis

|                                       |       |                            |       |
|---------------------------------------|-------|----------------------------|-------|
| <b>Calories (kcal):</b>               | 174   | <b>Vitamin B6 (mg):</b>    | .4mg  |
| <b>% Calories from Fat:</b>           | 15.0% | <b>Vitamin B12 (mcg):</b>  | .2mcg |
| <b>% Calories from Carbohydrates:</b> | 34.0% | <b>Thiamin B1 (mg):</b>    | .2mg  |
| <b>% Calories from Protein:</b>       | 51.1% | <b>Riboflavin B2 (mg):</b> | .1mg  |
| <b>Total Fat (g):</b>                 | 3g    | <b>Folacin (mcg):</b>      | 94mcg |
| <b>Saturated Fat (g):</b>             | 1g    | <b>Niacin (mg):</b>        | 7mg   |
|                                       |       | <b>Caffeine (mg):</b>      | 0mg   |

|                          |         |
|--------------------------|---------|
| Monounsaturated Fat (g): | 1g      |
| Polyunsaturated Fat (g): | 1g      |
| Cholesterol (mg):        | 48mg    |
| Carbohydrate (g):        | 15g     |
| Dietary Fiber (g):       | 3g      |
| Protein (g):             | 22g     |
| Sodium (mg):             | 45mg    |
| Potassium (mg):          | 470mg   |
| Calcium (mg):            | 38mg    |
| Iron (mg):               | 2mg     |
| Zinc (mg):               | 1mg     |
| Vitamin C (mg):          | 2mg     |
| Vitamin A (i.u.):        | 20IU    |
| Vitamin A (r.e.):        | 5 1/2RE |

|                 |      |
|-----------------|------|
| Alcohol (kcal): | 0    |
| % Refuse:       | n n% |

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### Food Exchanges

|                      |       |
|----------------------|-------|
| Grain (Starch):      | 1     |
| Lean Meat:           | 2 1/2 |
| Vegetable:           | 1/2   |
| Fruit:               | 0     |
| Non-Fat Milk:        | 0     |
| Fat:                 | 0     |
| Other Carbohydrates: | 0     |

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## Nutrition Facts

Servings per Recipe: 10

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### Amount Per Serving

|                     |                       |
|---------------------|-----------------------|
| <b>Calories</b> 174 | Calories from Fat: 26 |
|---------------------|-----------------------|

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### % Daily Values\*

|                                |     |
|--------------------------------|-----|
| <b>Total Fat</b> 3g            | 4%  |
| Saturated Fat 1g               | 4%  |
| <b>Cholesterol</b> 48mg        | 16% |
| <b>Sodium</b> 45mg             | 2%  |
| <b>Total Carbohydrates</b> 15g | 5%  |
| Dietary Fiber 3g               | 14% |
| <b>Protein</b> 22g             |     |
| <hr/>                          |     |
| <b>Vitamin A</b>               | 0%  |
| <b>Vitamin C</b>               | 3%  |
| <b>Calcium</b>                 | 4%  |
| <b>Iron</b>                    | 9%  |

\* Percent Daily Values are based on a 2000 calorie diet.