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# Taco Soup II

*Flossie Vanderkooy*

*Nettles Island Cooking in Paradise - 2014*

**1 pound ground beef**  
**1 package Ranch dressing**  
**1 package taco seasoning mix**  
**1 cup water**  
**1 onion, chopped**  
**2 cans (14.5 ounce ea) diced tomatoes with green chilies**  
**2 cans (15 ounce ea) pinto beans**  
**1 can (15 ounce) black beans**  
**1 can (15 ounce) creamed corn**  
**sour cream (for topping)**

In a soup pot, brown the beef with the onion.

Add the ranch dressing, taco seasoning, water, diced tomatoes, pinto beans, black beans and creamed corn.

Simmer for 20 minutes.

To serve: top with a dollop of sour cream.

## **Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 3617 Calories; 128g Fat (31.7% calories from fat); 204g Protein; 419g Carbohydrate; 130g Dietary Fiber; 386mg Cholesterol; 3061mg Sodium. Exchanges: 25 1/2 Grain(Starch); 17 1/2 Lean Meat; 1 1/2 Vegetable; 18 Fat; 1 1/2 Other Carbohydrates.*