
Taco Soup III

Ruth Shimp and Arloa Koning

Nettles Island Cooking in Paradise - 2014

1 small onion, chopped
1 1/2 pounds hamburger
1 package taco seasoning mix
3 cups beef broth
1 can (18 ounce) chopped tomatoes
1 can (16 ounce) creamed corn
1 can (16 ounce) kernel corn with liquid
1 can (16 ounce) green beans with liquid
1 can (16 ounce) red or kidney beans with liquid
salt (to taste)
pepper (to taste)
shredded cheese (for garnish) (optional)
sour cream (for garnish) (optional)
tortilla chips (for serving)

In a pot, brown the beef with the onion. Drain the grease.

Add the taco seasoning, tomatoes, cream corn, kernel corn, green beans, red beans, salt and pepper.

Simmer for 1-1/2 hours.

Add the garnishes when serving, if desired.

Soups, Chili, Stew

Per Serving (excluding unknown items): 2515 Calories; 90g Fat (32.0% calories from fat); 132g Protein; 300g Carbohydrate; 7g Dietary Fiber; 266mg Cholesterol; 9474mg Sodium. Exchanges: 16 1/2 Grain(Starch); 10 1/2 Lean Meat; 3 Vegetable; 13 1/2 Fat; 1 1/2 Other Carbohydrates.