



Easy Taco Soup

PREP TIME

5 min

COOK TIME

20 min

TOTAL TIME

25 min

SERVINGS

6

COST

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COURSE

Main

INGREDIENTS

- 1 15 oz. can black beans, drain and rinse
- 1 15 oz. can pinto beans, drain and rinse
- 1 15. oz can corn, drain and rinse
- 1 can diced tomatoes
- 1 can enchilada sauce (red or green)
- 1 15 oz can low-sodium chicken broth
- 1 packet taco seasoning

INSTRUCTIONS

1. Pour all ingredients into a stockpot and stir to combine.
2. Bring ingredients to a simmer on medium heat then reduce heat to medium-low
3. Once simmering, turn it down to medium-low
4. Let it cook for about 20 minutes (or until temperature reaches 165 degrees F), stirring halfway through
5. Serve with desired toppings

NOTES

1. Choose any beans you enjoy
2. Diced tomatoes can be drained but adds to soup liquid, if desired
3. Taco seasoning and enchilada sauce add flavor
4. Homemade taco seasoning: 1/2 tsp garlic powder, 1/4 tsp cayenne pepper, 1/2 tsp onion powder, 1/2 tsp chili powder, 1/2 tsp cumin, 1/2 tsp cilantro, 1 tsp coriander. Equivalent of 1 seasoning packet.
5. This is also a great slow cooker recipe!

COOKING WITH KIDS!



Follow these tips for ideas on how to include your kids while making this recipe

Your kids can help add all the ingredients and stir them together.

