

# Easy 7 Can Taco Soup

## Ingredients

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

### Toppings:

- avocado slices or guacamole
- shredded cheese
- lime wedges
- tortilla chips
- sour cream or plain Greek yogurt

### Extension

UtahStateUniversity.



## Directions

1. Pour all ingredients into a stockpot.
2. Cook for about 20 minutes, or until heated through.
3. Serve with desired toppings

### Tips:

- Choose any two cans of beans, black and pinto are suggestions.
- Diced tomatoes can be drained, but the juice adds to the soup if desired.
- Taco seasoning adds more flavor but can be left out. Enchilada sauce also adds great flavor.
- Use 1/2 tsp garlic powder, 1/4 tsp cayenne, 1/2 tsp onion powder, 1/2 tsp chili powder, 1/2 tsp cumin, 1/2 tsp cilantro, and 1 tsp coriander in place of taco seasoning.

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