

## Taco Soup



Servings:

**8 servings**

Prep Time:

**10 minutes**

Cook Time:

**25 minutes**

### Ingredients

- 1 tbsp **Olive Oil**
- 1 lb **Lean Ground Beef**
- 2 **Bell Peppers**, diced
- 4 cloves **Garlic**, minced
- 1 **Jalapeno**, seeded & diced
- 3 tbsp **Taco Seasoning**
- 2 cups **Beef Broth**
- 14 oz **Black Beans**, drained & rinsed
- 1 can **Corn**, drained & rinsed
- 28 oz **Fire Roasted Tomatoes**
- Garnish: **Fresh Cilantro**
- Garnish: **Sour Cream**
- Garnish: **Cheddar Cheese**

### Method of Preparation

#### Step 1

Heat oil in a pan over medium heat. Add beef and sauté, breaking up into pieces until no longer pink.

#### Step 2

Add onions and peppers and cook until soft.

#### Step 3

Add garlic, jalapeno, and taco seasoning, mixing well.

#### Step 4

Stir in tomatoes, broth, beans and corn.

#### Step 5

Increase heat and bring to a boil. Reduce and simmer for 10-15 minutes.

#### Step 6

Garnish with fresh cilantro, sour cream and cheddar cheese.