

5 Ingredients Taco Soup

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Ingredients:

- .7 lbs gr. Beef
- 1 can diced tomato's with green chilies
- 1 cup vegetable stock
- 1 can black beans
- 1 1/2 tbs taco seasoning

Instructions:

1. In non-stick saucepan over medium high heat, add gr beef, sprinkle 1 tbs of seasoning over meat. Stir to break the meat pieces and cook evenly until no more pink.
2. In a non-stick large pot, add black beans, canned tomatoes, vegetable stock and remaining taco seasoning.
3. Cover, bring to a boil, reduce heat to low-medium and stir in the cooked beef.
4. Simmer over medium heat for 10-15 minutes.
5. Serve with toppings if desired.

Optional toppings (per bowl)

1. 1 tbs sour cream
2. 2tbs Mexican cheese blend
3. 2 tsp red onion
4. 1 tsp cilantro
5. 2 tbs avocado chopped