

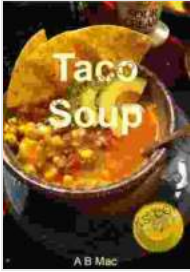
Taco Soup: Easy, Delicious Recipes You Can Prepare While You're at Work



Taco Soup (Easy, Delicious Recipes you can prepare while you are at work.) by Gaz Oakley

★★★★★ 4.7 out of 5

Language : English



File size	: 519 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 10 pages
Lending	: Enabled



Taco soup is a classic weeknight meal that is easy to make and loved by the whole family. It's a great way to use up leftover ground beef, and it's also a budget-friendly meal. Plus, this recipe is perfect for busy families, because it can be prepared in the slow cooker while you're at work.

Ingredients

- 1 pound ground beef
- 1 onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can corn, drained
- 1 (10-ounce) can diced tomatoes with green chilies
- 1 (15-ounce) can tomato sauce
- 1 packet taco seasoning
- 1 cup water

- Toppings of your choice (such as shredded cheese, sour cream, cilantro, and onions)

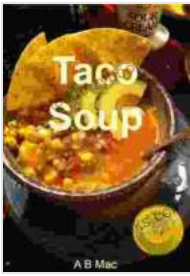
Instructions

1. Brown the ground beef in a large skillet over medium heat. Drain off any excess grease. 2. Add the onion, green bell pepper, and red bell pepper to the skillet and cook until softened. 3. Stir in the black beans, corn, diced tomatoes, tomato sauce, taco seasoning, and water. 4. Bring to a boil, then reduce heat and simmer for 15 minutes. 5. Pour the soup into a slow cooker and cook on low for 6-8 hours, or until the soup is thickened and heated through. 6. Serve the soup with your favorite toppings.

Tips

- For a spicier soup, add more taco seasoning to taste.
- If you don't have a slow cooker, you can cook the soup on the stovetop over medium heat for 30-45 minutes, or until the soup is thickened and heated through.
- This soup is also great for meal prep. Simply cook the soup on the weekend and then portion it out into individual containers for easy weekday lunches or dinners.

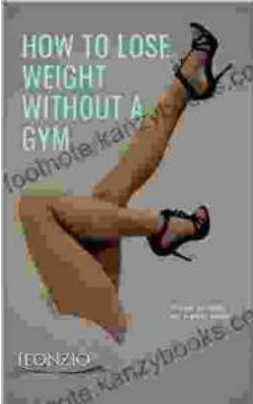
Taco soup is a delicious and easy meal that is perfect for busy families. It's a great way to use up leftover ground beef, and it's also a budget-friendly meal. Plus, this recipe is perfect for busy families, because it can be prepared in the slow cooker while you're at work. So next time you're looking for a quick and easy weeknight meal, give taco soup a try!



Taco Soup (Easy, Delicious Recipes you can prepare while you are at work.) by Gaz Oakley

★★★★☆ 4.7 out of 5

Language : English
File size : 519 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 10 pages
Lending : Enabled



Lose Weight Without the Gym: Revolutionize Your Body and Health

In today's fast-paced world, finding the time and motivation to hit the gym can be a daunting task. However, losing weight and achieving a...



Unraveling the Enigmas of "The Naked Sun": A Journey into the Heart of Asimov's Gripping Robot Detective Saga

In the vast tapestry of science fiction, Isaac Asimov's "The Naked Sun" stands as a brilliant and enduring masterpiece. This captivating novel transports readers...

