



From the Kitchen of: Brenda Alburl

Taco Veggie Soup

Servings: 8

Ingredients:

- 1 lb ground beef (I used 93/7% lean)
- 1 (1 ounce) packet taco seasoning
- 4 cups beef or chicken broth depending on your choice of meat
- 1 (15 ounce) can of creamed or whole kernel corn (I used Fiesta blend)
- 1 (10 ounce) can Rotel tomatoes and chilies (mild, regular or hot!!)
- 1 (15 ounce) can stewed tomatoes (I used a 28 ounce can of crushed tomatoes since the hubs has an aversion to tomatoes - and chilies!)
- Salt and pepper to taste (I also added granulated garlic and onion powder to mine)
- 1 cup instant brown rice

Instructions:

1. In dutch oven or large sauce pan, cook ground beef until no longer pink. I added my garlic and onion powder while cooking. Drain any fat.
2. Add taco seasoning, corn, broth, diced tomatoes and chilies, stewed or crushed tomatoes, salt and pepper and bring to a boil.
3. Reduce heat, cover and simmer for 15-20 minutes. Add instant brown rice. Cover and continue cooking another 10-15 minutes.

Notes: You can substitute ground turkey, pork or chicken for the ground beef. To make in a slow cooker, brown the meat. Dump everything in the slow cooker except the rice and cook until warmed through. Fifteen minutes before serving, add the instant rice and then serve. You may also add a bag of frozen veggies, if you like more veggies!! Enjoy!

Adapted from a recipe from <https://www.plainchicken.com/taco-vegetable-soup/>

