

Beans, Beef, ground beef, tomato

## Easy Ground Beef Taco Soup

From a variety of online recipes



### Servings: 8

1. In large Dutch oven warm the EVOO, then add onion and celery. Saute for 4-6 minutes until softened. Add garlic, bell pepper, poblano pepper, taco seasoning mixture, ground cumin and continue to cook for 3-5 minutes.
2. Add ground beef and use implement to break up the meat. When all the pink is gone, add tomato sauce, diced tomatoes and pinto beans. Bring to a simmer and bubble away for about 5 minutes. Taste for seasonings. Continue to simmer for 30 minutes.
3. To serve, scoop about 1 cup into a soup bowl and serve with optional garnishes.

- 1 tablespoon EVOO
- 1 large red onion, chopped (or yellow onion)
- 1 1/2 cups celery, chopped
- 3 cloves garlic, minced
- 1 1/2 cups red bell pepper, chopped
- 1 whole poblano pepper, stemmed, seeded, chopped
- 1 package taco seasoning mix
- 1 tablespoon ground cumin
- 1 pound lean ground beef
- 16 ounces tomato sauce
- 12 ounces canned diced tomatoes, undrained
- 15 ounces canned pinto beans, undrained
- 1 cup water, used to rinse out the cans then add to the pot

### GARNISHES:

- sour cream, chopped cilantro, shredded cheddar cheese, minced red bell pepper, green onions and/or tortilla chips

*Per Serving (excluding unknown items): 193 Calories; 6g Fat (25.4% calories from fat); 17g Protein; 20g Carbohydrate; 6g Dietary Fiber; 35mg Cholesterol; 310mg Sodium; 7g Total Sugars; trace Vitamin D; 81mg Calcium; 4mg Iron; 827mg Potassium; 217mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**