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# Slow Cooker Taco Soup

*This one's all over the internet, but this is my friend Cherrie's version.*



## Servings: 10

1. Brown the meat and onions in a large skillet. Drain excess fat and transfer to slow cooker. Add beans, corn, tomatoes, green chiles, taco seasoning and ranch dressing mix.
2. Cook in slow cooker for 6-8 hours.
3. Into each serving bowl place some of the Fritos, then scoop about 2 cups of the soup on top. Serve all the garnishes in bowls for guests to take as they'd like.

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Per Serving (excluding unknown items): 720 Calories; 44g Fat (54.0% calories from fat); 38g Protein; 46g Carbohydrate; 11g Dietary Fiber; 127mg Cholesterol; 1814mg Sodium.  
Exchanges: 2 Grain(Starch); 4 Lean Meat; 1 Vegetable; 0 Fruit; 6 1/2 Fat; 0 Other Carbohydrates.

2 pounds ground beef, or ground turkey

1 large yellow onion, diced

30 ounces canned pinto beans, drained and rinsed

30 ounces canned kidney beans, drained and rinsed

15 ounces canned corn, drained

15 ounces canned tomatoes with green chiles (Rotel)

15 ounces canned tomatoes

9 ounces diced green chiles

1 1/4 ounces Taco seasoning mix

1 1/8 ounces ranch-style dressing mix

### GARNISHES:

Fritos (the small ones)

4 cups grated cheddar cheese

1 cup light sour cream, or Greek yogurt

1 whole avocado, diced

1/2 cup cilantro, chopped

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>