



EASY CROCK-POT TACO SOUP

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Sometimes we just need to take advantage of modern technology in the kitchen—I am talking about the quintessential make-your-lifefeasy programmable Crock-Pot! This recipe yields a double portion for a large family of seven like mine.

Ingredients

2 lbs. ground beef, cooked in skillet	2 cans sweet kernel corn
2 medium onions, chopped	1 cup medium salsa
1 can northern beans	2 tsp. beef broth paste added to 2 cups of water, or 2 cups of ready-made beef broth
1 can pinto beans	¼ cup Brandi's Homemade Taco Seasoning
1 can original Rotel tomatoes	2 tsp. additional cumin
1 can petite diced tomatoes (I use the chili-ready kind)	2 tsp. additional garlic powder

Directions

1. After you defrost the meat, cook the ground beef, and chop your onion, most of the labor of this recipe is over.
2. After that, opening cans and dumping into your Crock-Pot is all that's left to do! Well, the occasional stir and sample remains, of course. Nothing has to be drained, just add it in! I choose to use different beans just to give the soup color, but if you prefer kidney beans or don't like the northern variety, use whatever two cans of beans you like best. You will need to rinse and drain the black beans if you choose them, or you will turn your soup a murky gray color—been there, done that!
3. Let your soup cook on low for 6 hours and then be ready with sour cream, shredded cheese, cilantro, guacamole, tortilla chips, or even pumpkin seeds (they really add a nice healthy crunch) for your toppings.
4. My friend Brandi has created a magical homemade taco seasoning that I highly recommend! It doesn't have the extra MSG that other seasonings have, and when doubled—or even quadrupled—it yields plenty to use for other recipes.