

Chicken or Beef Taco Soup

From Wendy Bohlke, from her niece Andrea, from Sunset Magazine in the 1980's
Shared in December 2020 for the BUO Soup Swap

In large pot:

1 lb. browned hamburger or cooked chicken

½ c chopped onions (browned, or cooked in water in the microwave for 4 minutes in water, then drained)

½ pkg. Taco seasoning mix

Add: 1 can 15 oz. each: pinto beans, kidney beans, stewed tomatoes, tomato sauce. I recommend you drain and rinse the beans.

Heat to boiling, reduce temperature to simmer, for 30 minutes. Or make in the crock pot, cook for 4+ hours on low.

Optional additions: can of cooked corn, green chili sauce, black beans, you get the idea

Serve with taco chips, sour cream, grated cheddar cheese, black olives, salsa, green salad, cabbage salad

If you want it vegetarian, leave out the beef/chicken, use vegetable broth, add more beans or other vegetables.

Good for a party. Invite your guests to bring their favorite sides. I like to cook a whole chicken the day before, bone it, put all the broth and chicken in. If using a whole chicken, you can double the recipe for the other items.

Good for a Soup Swap. Make it ahead, freeze in paper or plastic freezer containers, label it and you're good to go!