

Black Bean Taco Soup

Cooking Instructions

1. Brown the ground turkey with the chopped onion, then drain.
2. Stir in the taco seasoning, corn, black beans, tomatoes, tomato sauce, and green chiles. Simmer on low heat for 20-30 minutes.
3. Serve with tortilla chips and your favorite toppings.

Notes: This makes an easy freezer meal, too! After cooking, let the soup cool and then transfer to a gallon-sized Ziploc bag or another freezer container. When you're ready to eat it, let the soup thaw in the refrigerator for 24 hours and then simmer on the stove until heated through, or microwave until heated through.

You can also cook this soup in your Crockpot on low for 2-3 hours or until heated through.

Ingredients

- 1 pound ground turkey
- 1 onion, chopped
- 1 ounce taco seasoning
- 15.25 ounces canned corn (do not drain)
- 15 ounces black beans (rinsed and drained)
- 14.5 ounces stewed tomatoes (do not drain)
- 14.5 ounces diced tomatoes (do not drain)
- 8 ounces tomato sauce
- 4 ounces diced green chiles
- Tortilla chips (optional topping)
- 1/2 cup shredded cheddar cheese (optional topping)

Grocery List (add additional toppings to this list as desired)

- Ground turkey
- Onion
- Taco seasoning
- Canned corn
- Canned black beans
- Canned stewed tomatoes
- Canned diced tomatoes
- Tomato sauce
- Diced green chiles
- Tortilla chips
- Shredded cheddar cheese

Source:

<https://www.sixsistersstuff.com/recipe/black-bean-taco-soup-freezer-meal/>