

Black Bean Taco Soup

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 to 30 minutes.
3. Serve with tortilla chips and your favorite toppings.

Note: 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 the soup, let it 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 to 3 hours or until heated through.

Ingredients

- 1 pound ground turkey
- 1 onion, chopped
- 1 ounce taco seasoning
- 15.25 oz canned corn (do not drain)
- 15 oz black beans (rinsed and drained)
- 14.5 oz stewed tomatoes (do not drain)
- 14.5 oz diced tomatoes (do not drain)
- 8 oz tomato sauce
- 4 oz diced green chiles
- Tortilla chips (optional topping)
- ½ cup shredded cheddar cheese (optional topping)

Grocery List

- 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