

Slow Cooker Taco Soup

Ingredients:

- 1 lb. lean or extra-lean ground beef
- 1 onion, chopped
- 1 (16-oz.) can chili beans, with liquid
- 1 (15-oz.) can kidney beans, with liquid
- 1 (15-oz.) can whole-kernel corn, with liquid
- 1 (8-oz.) can tomato sauce (low-sodium)
- 2 c. water
- 2 (14.5-oz.) cans peeled and diced tomatoes (low-sodium)
- 1 (4-oz.) can diced green chili peppers
- 1 pkg. taco seasoning mix (low-sodium)



Directions:

In a medium skillet, cook the ground beef until browned over medium heat. Drain. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chili peppers and taco seasoning mix in a slow cooker. Mix to blend and cook on low setting for eight hours.

Makes 10 servings. Each serving has 220 calories, 3 grams (g) fat, 30 g carbohydrate, 6 g fiber and 500 mg sodium.

Menu Idea:

Slow Cooker Taco Soup, baked tortilla chips, apple slices, low-fat milk

Source: North Dakota State University Extension