

Easy Taco Soup

- INGREDIENTS:**
- 1lb of ground beef or turkey
(or an extra can of beans)
 - chopped onion or dehydrated onion
 - 2 cans of beans, undrained (kidney, black, or pinto all work)
 - 1 can of corn, undrained
 - 1 big can of crushed tomatoes
 - 1 pack (or 1/4 cup) taco seasoning

DIRECTIONS:

Brown the meat (if using) and the onions. Then add all of the canned ingredients and taco seasoning. Simmer. Serve with desired toppings: cheese, sour cream, avocado, pickles jalapeños, and/or fritos.