

One-Pot Cowboy Soup with Ground Beef, Beans, and Potatoes

When you need a hot, hearty dinner that feeds a crowd and warms the soul,



TIME
30 min

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INGREDIENTS

- 1 lb ground beef
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 (15 oz) can diced tomatoes
- 1 (15 oz) can sweet corn, undrained
- 1 (15 oz) can pinto beans, undrained
- 1 (15 oz) can diced potatoes, undrained
- 1 (10 oz) can Rotel (diced tomatoes with green chilies)
- 2 cups beef broth
- 1 tsp chili powder
- Salt and pepper, to taste

DIRECTIONS

1. In a large pot or : Dutch oven, brown the ground beef with diced onion and garlic over medium heat. Drain off any excess grease.
2. Add the diced tomatoes, corn, pinto beans, diced potatoes, Rotel, and beef broth directly to the pot-do not drain the cans.
3. Stir in chili powder, salt, and pepper to taste.
4. Bring to a boil, then reduce heat and simmer for 30 minutes, stirring occasionally, until everything is heated through and the flavors have blended.
5. Taste and adjust seasoning. Serve piping hot with cornbread or crackers.

SWAPS & NOTES

Ground Meat Options: Swap in ground turkey, sausage, or plant-based meat alternatives.

Add Spice: For more heat, use hot Rotel or stir in a dash of cayenne.

Dice and parboil fresh potatoes before adding.

Extra Veggies: Stir in chopped bell pepper, green beans, or even a handful of kale at the end. ???

TIPS FOR SUCCESS

Use lean ground beef to reduce the need for draining excess grease.

This soup is freezer-friendly -just cool completely and store in freezer-safe containers for up to 3 months.

For a smoky flavor, add ½ tsp smoked paprika or a few dashes of liquid smoke.

Simmer a bit longer uncovered to reduce the liquid. ?

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Original recipe: <https://chefmaniac.com/one-pot-cowboy-soup-with-ground-beef-beans-and-potatoes/>