

Taco Soup: A Hearty, Flavorful One-Pot Meal for Any Night

bold, Tex-Mex flavors in a warm and comforting dish



TIME
10 min

METHOD
Slow cooker

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

For the Taco Soup:

- 1 pound ground beef (or ground turkey)
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15-ounce) can kidney beans, drained and rinsed
- 1 (15-ounce) can corn, drained
- 1 (14.5-ounce) can diced tomatoes
- 1 (10-ounce) can Rotel tomatoes with green chilies
- 3 cups beef broth (or chicken broth for a lighter version)
- 1 packet taco seasoning (or homemade blend)
- 1 teaspoon cumin
- $\frac{1}{8}$ teaspoon smoked paprika (optional)
- Salt and black pepper, to taste

Optional Toppings:

- Shredded cheese (cheddar, Monterey Jack, or Mexican blend)
- Sour cream or Greek yogurt
- Sliced avocado
- Chopped fresh cilantro
- Tortilla chips or strips
- Lime wedges

How to Make Taco Soup:

1. Brown the Meat:

In a large pot or Dutch oven, cook the ground beef

and diced onion over medium-high heat until the meat is browned and the onions are softened (about 5-7 minutes).

Drain excess grease if necessary.

2. Add Garlic and Seasoning:

Stir in the garlic, taco seasoning, cumin, smoked paprika, salt, and pepper. Cook for 1 minute, until fragrant.

3. Add the Beans, Tomatoes, and Broth:

Pour in the black beans, kidney beans, corn, diced tomatoes, Rotel tomatoes, and broth. Stir everything together.

4. Simmer to Perfection:

Bring the soup to a gentle boil, then reduce heat and let it simmer for 20-25 minutes, allowing all the flavors to blend.

5. Serve and Enjoy:

Ladle into bowls and top with shredded cheese, sour cream, avocado, and tortilla chips for extra crunch and flavor.

My Best Tips for the Perfect Taco Soup:

Use homemade taco seasoning - Mix chili powder, cumin, garlic powder, onion powder, and paprika for extra flavor.

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- 7.** My Best Tips for the Perfect Taco Soup: Use homemade taco seasoning - Mix chili powder, cumin, garlic powder, onion powder, and paprika for extra flavor.
- 8.** Want extra spice? - Add a dash of hot sauce or diced jalapeños.
- 9.** Make it creamy - Stir in a little cream cheese or heavy cream before serving.
- 10.** Slow cooker option - Brown the meat first, then cook on low for 6 hours or high for 3 hours.
- 11.** What to Serve with Taco Soup: This soup is delicious on its own, but here are some great pairings:
- 12.** Cornbread - A slightly sweet side that soaks up the flavors.

13. Quesadillas or grilled cheese - A melty, cheesy addition.
14. Mexican rice - A great complement to the soup's flavors.
15. A margarita or agua fresca - A refreshing beverage pairing.
16. FAQs: Can I make this soup ahead of time?Yes! It tastes even better the next day. Store in an airtight container in the fridge for up to 4 days.
17. Can I freeze taco soup?Absolutely! Let it cool completely, then freeze in an airtight container for up to 3 months. Thaw and reheat on the stovetop.
18. Can I make this soup vegetarian?Yes! Simply omit the meat and use vegetable broth instead of beef broth. Add extra beans or chopped bell peppers for more texture.
19. This : Taco Soup is bold, hearty, and packed with flavor, making it the perfect one-pot meal for any night of the week. Whether you enjoy it as-is or loaded with toppings, it's sure to become a favorite in your home.
20. Give it a try and let me know how it turns out!

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