

## Taco Soup



### Ingredients:

- 2 pounds lean ground beef or ground turkey
- 3 cloves garlic, minced
- 1 medium onion, minced
- 1 envelope of taco seasoning
- 1 1/2 cups water
- 2 cup pinto beans, cooked (rinse with water, if canned)
- 2 cup black beans, cooled (rinse with water, if canned)
- 1 can (16 ounces) chili beans, undrained
- 1 can (10 ounces) diced tomatoes with chilies, undrained
- 1 tablespoon fresh cilantro, minced, or 1/2 tablespoon dried

### Directions:

1. Place ground meat into a large pot on medium heat. Cook until meat is no longer pink. Drain off any fat.
2. Add the onions and garlic to the meat. Cook until onions are soft.
3. Stir in the taco seasoning, tomatoes, and water. Bring to a boil.
4. Add the beans and reduce heat to a simmer. Cook uncovered for about 15 minutes, stirring occasionally.
5. Garnish with cilantro before serving.
6. Refrigerate leftovers for up to four days, or freeze for up to four months.

Makes 8 servings.



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