Dinner Tonight!

Crockpot Taco Soup

**Ingredients:**
- 1½ pounds lean ground beef
- 1 large yellow onion, chopped
- (2) 15-ounce cans Ranch Style beans
- 15-ounce can kidney beans
- 15-ounce can whole kernel corn
- (2) 15-ounce cans stewed tomatoes
- 10-ounce can tomatoes and green chilies
- 1-ounce package taco seasoning
- 1-ounce package dry ranch style dressing mix

Cook ground beef with chopped onion; drain grease. Add to large crock pot. Clean tops of all canned goods before opening. Then add other ingredients (including liquid from vegetables) to the meat mixture in the crock pot. Stir well. Simmer in crock pot on low for 6-8 hours or on high for 4 hours.

**Preparation Time:** 20 minutes

**Cook Time:** 6-8 hours on low OR 4 hours on high

**Yield:** approximately 15 one-cup servings

**Cost:** .75 per one-cup serving

**Serve with:** Cornbread

**Nutrition facts per serving:**

Calories: 217
Total Fat: 10 g
Cholesterol 32 mg
Sodium 807 mg
Total Carbohydrate 21 g
Protein: 13 g