

Taco Soup (a NowICanEatCake recipe)

Get This:

- 1 lb LEAN ground meat, seasoned well (turkey, chicken, venison whathaveyou)
- 1 medium onion, chopped
- 1 (28 oz) can crushed tomatoes
- 1 (14.5oz) can stewed or diced tomatoes
- 1 can green chilies (use small or large can depending on how spicy you like your soup)
- 1 (16 oz) can corn, drained
- 1 (16 oz) can chili beans, rinse can with water and add to pot (about 1/2 cup)
- 1 can fat-free re-fried beans
- 1 package taco seasoning (can make your own or use a package, if you're not a purist... I use a gluten-free and sugar-free one if I don't make my own)
- 1 package dry ranch dressing (if you are a purist, you can skip this)
- black olives (can omit)
- 0% non-fat greek yogurt

Do This:

1. Brown together meat and onion ~ drain excess fat.
2. Add canned veggies (except olives) and beans, stirring well.
3. Stir in taco seasoning and ranch dressing. Simmer until flavors have blended and is heated through, adding enough water to make your soup soupy enough.
4. Add olives just before serving, giving enough time to heat them up.
5. Serve with a dollop of greek yogurt on top.