

Taco Soup

14 ingredients · 40 minutes · 4 servings



Directions

1. In a large pot, fry onion and garlic in a little oil until beginning to turn brown and then add in the ground beef and season with salt and pepper. Cook until all browned and yummy.
2. Add broth, carrots, celery, diced tomatoes, black beans, and all remaining spices. Stir to combine and bring to a simmer.
3. Simmer until veggies are as tender as you'd like them to be., probably about 20 minutes.
4. Divide evenly between bowls, top with cilantro, and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately two cups.

Additional Toppings

Top with tortilla chips, avocado, sour cream/greek yogurt, cheese, green onion... anything you'd put in a taco!

Ingredients

1 lb Extra Lean Ground Beef
1 tsp Smoked Paprika
1 tsp Ground Cumin
1/2 tsp Chili Powder (optional)
4 cups Beef Broth
1/2 Yellow Onion (medium, chopped)
1 Red Bell Pepper (diced)
4 Garlic (cloves, finely chopped)
3 stalks Celery (chopped)
2 Carrot (chopped)
1 cup Black Beans (rinsed, drained)
2 cups Diced Tomatoes (one large can)
Sea Salt & Black Pepper (to taste)
2 tbsps Cilantro

Nutrition

Amount per serving

Calories	309	Vitamin A	6604IU
Fat	12g	Vitamin C	42mg
Carbs	19g	Calcium	74mg
Fiber	7g	Iron	5mg
Sugar	5g	Vitamin B12	2.5µg
Protein	30g	Magnesium	70mg
Sodium	627mg	Zinc	7mg