



Chad's Slow Cooker Taco Soup

 Gluten Free  Dairy Free

READY IN



520 min.

SERVINGS



20

CALORIES



190 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pound bulk pork sausage hot
- 14.5 ounce black beans rinsed drained canned
- 14 ounce kidney beans rinsed drained canned
- 14.5 ounce canned tomatoes diced with green chile peppers (such as ro*tel®), undrained canned
- 0.5 cup chili sauce
- 1 bell pepper green chopped
- 1 pound ground beef
- 20 servings ground pepper black to taste

- 2 jalapeño peppers fresh diced
- 1 onion chopped
- 1 ounce ranch dressing mix
- 1 bell pepper red chopped
- 1 ounce taco seasoning
- 15.3 ounce kernel corn whole drained and rinsed with red and green bell peppers (such as mexicorn®), canned

Equipment

- frying pan
- slow cooker

Directions

- Brown the ground beef completely in a large skillet over medium heat; drain.
- Transfer the beef to a slow cooker.
- Brown the sausage completely in a large skillet over medium heat; drain.
- Transfer the beef to a slow cooker.
- Add the crushed tomatoes, corn, black beans, kidney beans, ranch dressing mix, taco seasoning mix, onion, green bell pepper, red bell pepper, diced tomatoes with green chile peppers, chili sauce, jalapeno peppers, beer, and black pepper to the slow cooker. Set slow cooker to Low and cook 8 to 10 hours, or, if you prefer, on High for 4 to 6 hours.

Nutrition Facts



■ PROTEIN **21.41%** ■ FAT **51.22%** ■ CARBS **27.37%**

Properties

Glycemic Index:11.15, Glycemic Load:1.28, Inflammation Score:-5, Nutrition Score:9.539565179659%

Flavonoids

Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg, Luteolin: 1.35mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg, Quercetin: 1.81mg

Nutrients (% of daily need)

Calories: 189.68kcal (9.48%), Fat: 10.78g (16.59%), Saturated Fat: 3.79g (23.7%), Carbohydrates: 12.96g (4.32%), Net Carbohydrates: 8.63g (3.14%), Sugar: 3.43g (3.81%), Cholesterol: 32.43mg (10.81%), Sodium: 671.08mg (29.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.14g (20.28%), Vitamin C: 36.92mg (44.75%), Fiber: 4.33g (17.32%), Vitamin B6: 0.27mg (13.63%), Vitamin B3: 2.58mg (12.88%), Phosphorus: 122.41mg (12.24%), Zinc: 1.75mg (11.66%), Vitamin B12: 0.68µg (11.3%), Vitamin A: 501.25IU (10.03%), Vitamin B1: 0.15mg (10.01%), Potassium: 331.26mg (9.46%), Iron: 1.62mg (9.03%), Manganese: 0.17mg (8.53%), Vitamin B2: 0.12mg (7.02%), Folate: 27.06µg (6.76%), Copper: 0.13mg (6.48%), Magnesium: 25.4mg (6.35%), Selenium: 4.01µg (5.72%), Vitamin K: 4.44µg (4.23%), Vitamin B5: 0.39mg (3.88%), Vitamin E: 0.52mg (3.46%), Calcium: 25.49mg (2.55%), Vitamin D: 0.32µg (2.12%)