



## Slow Cooker Taco Soup

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



**320 min.**

SERVINGS



**8**

CALORIES



**360 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 15 ounce olives black sliced canned
- 15.5 ounce black beans undrained canned
- 15.5 ounce regular corn undrained canned
- 14.5 ounce canned tomatoes diced green undrained canned
- 1 bell pepper diced green
- 1 pound ground beef
- 1 onion diced
- 1 ounce ranch dressing mix

- 1.3 ounce taco seasoning
- 1 cup sacramento tomato juice

## Equipment

- frying pan
- slow cooker

## Directions

- Heat a large skillet over medium-high heat; cook and stir beef until crumbly, evenly browned, and no longer pink.
- Drain and discard any excess grease.
- Transfer beef to a slow cooker and sprinkle with the taco seasoning mix and ranch dressing mix.
- Add the diced tomatoes and green chiles, corn, and black beans, all with their liquid, to the slow cooker. Stir the black olives, onion, bell pepper, and tomato juice into the ground beef mixture. Cook on Low until the vegetables are completely tender, about 5 hours.

## Nutrition Facts



## Properties

Glycemic Index:13.29, Glycemic Load:1.75, Inflammation Score:-7, Nutrition Score:16.155217393585%

## Flavonoids

Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg, Luteolin: 1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg

## Nutrients (% of daily need)

Calories: 359.98kcal (18%), Fat: 20.62g (31.72%), Saturated Fat: 5.63g (35.18%), Carbohydrates: 29.76g (9.92%), Net Carbohydrates: 21.8g (7.93%), Sugar: 5.4g (6%), Cholesterol: 40.26mg (13.42%), Sodium: 1862.68mg (80.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.15g (32.29%), Vitamin C: 27.67mg (33.54%), Fiber: 7.96g (31.85%), Vitamin B3: 4.21mg (21.06%), Iron: 3.7mg (20.57%), Zinc: 3.07mg (20.46%), Vitamin E: 3.06mg (20.37%),

Phosphorus: 202.43mg (20.24%), Vitamin B12: 1.21µg (20.22%), Vitamin B6: 0.39mg (19.52%), Potassium: 674.52mg (19.27%), Vitamin A: 929.11IU (18.58%), Folate: 71.85µg (17.96%), Copper: 0.35mg (17.43%), Manganese: 0.32mg (15.78%), Selenium: 10.17µg (14.52%), Magnesium: 57.23mg (14.31%), Vitamin B1: 0.19mg (12.55%), Vitamin B2: 0.21mg (12.11%), Calcium: 83.33mg (8.33%), Vitamin B5: 0.65mg (6.48%), Vitamin K: 6.34µg (6.04%)