



Taco Soup

 **Gluten Free**  **Popular**

READY IN



375 min.

SERVINGS



16

CALORIES



606 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4.6 ounce olives black drained sliced canned
- 31 ounce pinto beans canned
- 14.5 ounce canned tomatoes diced canned
- 14.5 ounce canned tomatoes mexican-style canned
- 14.5 ounce canned tomatoes with chiles canned
- 16 servings cheese grated for garnish
- 16 servings corn chips for serving
- 9 ounce chiles diced green canned

- 0.5 cup olives green sliced
- 16 servings green onions chopped for garnish
- 2 pounds ground beef
- 15.5 ounce pink kidney beans canned
- 2 cups onions diced
- 16 servings jalapeño peppers for garnish
- 1 ounce ranch salad dressing mix
- 16 servings cup heavy whipping cream sour for garnish
- 1.3 ounce taco seasoning
- 15.3 ounce kernel corn whole drained canned

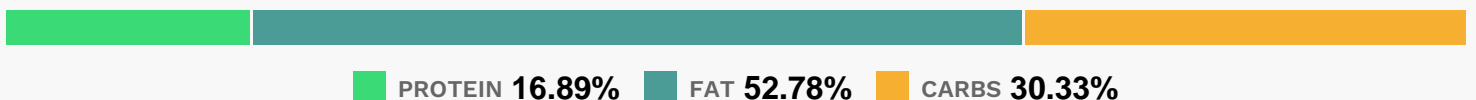
Equipment

- bowl
- frying pan
- ladle
- pot
- stove
- slow cooker

Directions

- Brown the ground beef and onions in a large skillet; drain the excess fat, then transfer the browned beef and onions to a large slow cooker or a stockpot.
- Add the beans, corn, tomatoes, green chiles, black olives, green olives, taco seasoning, and ranch dressing mix, and cook in a slow cooker on low for 6 to 8 hours or simmer over low heat for about 1 hour in a pot on the stove. To serve, place a few corn chips in each bowl and ladle soup over them. Top with sour cream, cheese, green onions and jalapenos.

Nutrition Facts



Properties

Glycemic Index:17.27, Glycemic Load:6.22, Inflammation Score:-8, Nutrition Score:23.153043627739%

Flavonoids

Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg, Quercetin: 6.57mg

Nutrients (% of daily need)

Calories: 606.24kcal (30.31%), Fat: 36.24g (55.76%), Saturated Fat: 12.98g (81.1%), Carbohydrates: 46.86g (15.62%), Net Carbohydrates: 38.1g (13.86%), Sugar: 6.11g (6.79%), Cholesterol: 77.34mg (25.78%), Sodium: 1261.68mg (54.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Phosphorus: 426.15mg (42.61%), Calcium: 354.64mg (35.46%), Fiber: 8.76g (35.04%), Zinc: 4.84mg (32.25%), Manganese: 0.63mg (31.49%), Selenium: 20.66µg (29.51%), Vitamin E: 4.33mg (28.85%), Iron: 4.74mg (26.34%), Vitamin B12: 1.56µg (25.94%), Vitamin B6: 0.5mg (24.86%), Folate: 96.73µg (24.18%), Potassium: 821.86mg (23.48%), Magnesium: 93.32mg (23.33%), Vitamin K: 24.03µg (22.89%), Vitamin B3: 4.31mg (21.53%), Vitamin C: 17.53mg (21.25%), Copper: 0.41mg (20.44%), Vitamin B2: 0.34mg (20.19%), Vitamin A: 894.77IU (17.9%), Vitamin B1: 0.2mg (13.34%), Vitamin B5: 1.01mg (10.06%), Vitamin D: 0.24µg (1.58%)