



Taco Soup

 Gluten Free

READY IN



55 min.

SERVINGS



20

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 oz beer
- ☐ 32 oz pinto beans drained and rinsed canned
- ☐ 14.5 oz canned tomatoes canned
- ☐ 14.5 oz canned tomatoes diced undrained canned
- ☐ 20 servings toppings: corn chips shredded
- ☐ 12 oz kernel corn whole frozen
- ☐ 16 oz cut green beans frozen
- ☐ 1 pound ground beef

- ☐ 15 oz ranch beans undrained canned
- ☐ 1 oz ranch dressing mix
- ☐ 1 oz taco seasoning

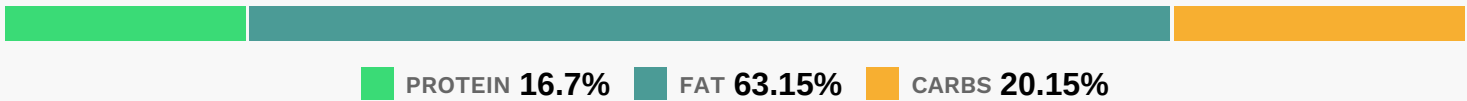
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Brown ground beef in a large Dutch oven over medium-high heat, stirring constantly, 8 to 10 minutes or until meat crumbles and is no longer pink; drain. Return to Dutch oven.
- ☐ Stir pinto beans, next 8 ingredients, and 2 cups water into beef; bring to a boil. Reduce heat to medium-low. Simmer, stirring occasionally, 30 minutes.
- ☐ Serve with desired toppings.
- ☐ *1 1/2 cups chicken broth may be substituted.
- ☐ Sprinkle shredded pepper Jack cheese on 6 (6-inch) fajita-size flour tortillas. Fold tortillas in half, press gently to seal, and spread butter on each. Cook quesadillas in a hot skillet 2 to 3 minutes on each side until browned.
- ☐ Cut into wedges.

Nutrition Facts



Properties

Glycemic Index:11.73, Glycemic Load:3.89, Inflammation Score:-6, Nutrition Score:13.665652119595%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 355.32kcal (17.77%), Fat: 24.86g (38.25%), Saturated Fat: 9.1g (56.86%), Carbohydrates: 17.85g (5.95%), Net Carbohydrates: 14.11g (5.13%), Sugar: 4.37g (4.86%), Cholesterol: 51.63mg (17.21%), Sodium: 829.23mg (36.05%), Alcohol: 0.66g (100%), Alcohol %: 0.38% (100%), Protein: 14.79g (29.58%), Vitamin K: 42.5µg (40.48%), Phosphorus: 285.64mg (28.56%), Calcium: 266.84mg (26.68%), Selenium: 13.12µg (18.74%), Zinc: 2.55mg (17.03%), Fiber: 3.75g (14.99%), Manganese: 0.29mg (14.68%), Vitamin B2: 0.24mg (14.32%), Vitamin B12: 0.84µg (14.05%), Vitamin A: 686.52IU (13.73%), Potassium: 415.76mg (11.88%), Iron: 2.12mg (11.79%), Vitamin B6: 0.24mg (11.77%), Magnesium: 44.77mg (11.19%), Vitamin E: 1.66mg (11.04%), Vitamin B3: 2mg (9.98%), Copper: 0.2mg (9.91%), Folate: 38.41µg (9.6%), Vitamin C: 7.79mg (9.45%), Vitamin B1: 0.1mg (6.54%), Vitamin B5: 0.64mg (6.41%), Vitamin D: 0.22µg (1.49%)