



Terrific Taco Soup (Ww)



Gluten Free



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce black beans canned
- ☐ 16 ounce pinto beans canned
- ☐ 14 ounce canned tomatoes diced with mild green chilies canned
- ☐ 16 ounce chili beans sauce hot canned (mild or)
- ☐ 1 lb ground beef
- ☐ 1 small onion
- ☐ 1 ounce hidden valley ranch dressing mix
- ☐ 1.3 ounce taco seasoning

☐

16 ounce kernel corn whole canned

Equipment

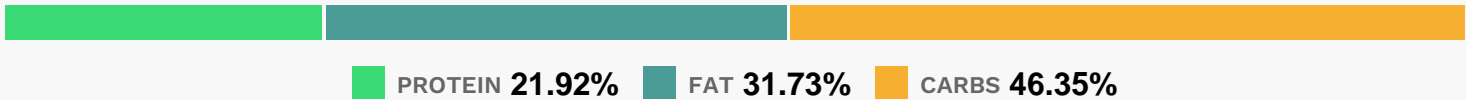
☐

frying pan

Directions

- ☐
- Chop onion, combine with ground beef. Brown and drain the ground beef.2 Dump all of the cans, undrained into a 3 quart pan along with the taco and dressing packets and ground beef and onion. Stir to combine and heat on medium heat until a low boil has been achieved.3 At this point, it is ready to serve.
- ☐
- Additionally, you may let the mixture simmer until reduced and you may enjoy this dish as more of a chili instead of a soup.4 For a real dump and go, this is a real hit with our family. Enjoy!

Nutrition Facts



Properties

Glycemic Index:18.33, Glycemic Load:5.19, Inflammation Score:-8, Nutrition Score:24.306956353395%

Flavonoids

Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 502.15kcal (25.11%), Fat: 17.8g (27.38%), Saturated Fat: 6.25g (39.08%), Carbohydrates: 58.48g (19.49%), Net Carbohydrates: 44.04g (16.02%), Sugar: 9.25g (10.28%), Cholesterol: 53.68mg (17.89%), Sodium: 2133.53mg (92.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.66g (55.32%), Fiber: 14.43g (57.74%), Phosphorus: 442.61mg (44.26%), Zinc: 5.91mg (39.42%), Iron: 6.87mg (38.17%), Potassium: 1284.35mg (36.7%), Vitamin B6: 0.66mg (32.95%), Copper: 0.65mg (32.66%), Folate: 121.95µg (30.49%), Magnesium: 120.99mg (30.25%), Manganese: 0.6mg (30.13%), Vitamin B3: 5.55mg (27.75%), Vitamin B12: 1.63µg (27.09%), Vitamin B2: 0.38mg (22.18%), Selenium: 13.76µg (19.66%), Vitamin B1: 0.27mg (18.28%), Vitamin C: 14.75mg (17.88%), Vitamin A: 708.61IU (14.17%), Calcium: 125.72mg (12.57%), Vitamin E: 1.73mg (11.53%), Vitamin B5: 0.82mg (8.2%), Vitamin K: 6.8µg (6.48%)