

Taco Soup

Courtesy of Carole's Creations

Prep Time: 25 minutes

Cooking Time: 1 hour on stove or Slow Cooker for 6 hours

Serves: 10

CChints: This soup pleases the pallets of all ages and contains plenty of healthy ingredients, like the beans, which provide a good source of fiber and carbs. Any leftovers will keep in an airtight container in your refrigerator for 4 days.



1 tablespoon olive oil
4 stalks celery, sliced
2 pound boneless, skinless chicken breasts, cut into bite size pieced
1 medium onion, diced
1/2 teaspoon salt and dash of pepper
3 gloves minced garlic, fresh or from a jar
15 ounce can Black beans, rinsed and drained
15 ounce can Pinto beans, rinsed and drained
15 ounce can Ranch Style® beans, slightly drained, no rinse
14 ounce can diced tomato with mild green chilies
28 ounce can diced tomatoes
1 cup frozen corn, thawed
1/2 envelope Taco Seasoning (add the entire envelope for more spice)
1 ounce envelope Ranch ® salad dressing & seasoning mix
2 – 14 ounce cans reduced fat chicken broth

Garnish: 2 sliced green onions
1/2 cup black olives, seeded and sliced
1 cup reduced fat sour cream
Serve with Tortilla chips

Stove Top method:

Heat a large soup pot over medium heat and add the oil. Add the celery through salt and pepper and cook for 6 minutes, stirring occasionally. Be sure to wash all surfaced and utensils that came into contact with the raw chicken. While this is cooking you can drain the beans and do a little more prep work. Add the garlic through chicken broth to the pot. Increase the heat slightly, cover and bring it to a boil.

When it comes to a boil, reduce the heat and let simmer, covered, for 1 hour, stirring occasionally. If the soup is too thick, you can add another can if chicken broth or 1 cup of water.

Slow Cooker method:

Add all ingredients to a slow cooker and stir well. Cover and cook over medium heat for 6 hours or low heat for 8.

To serve, ladle soup into bowls and garnish with green onions and a spoonful of sour cream. Serve with chips and enjoy!