

# Southern-Style Beef Taco Soup

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-style-stewed-tomatoes-recipe>

## Ingredients:

- 2 pounds ground beef
- 2 cups sweet vidalia onion diced
- 1 can pinto beans
- 1 can black beans
- 1 can red kidney beans dark
- 1 can baby corn sweet white kernel, drained
- 1 can Mexican style stewed tomatoes
- 1 can diced tomatoes
- 1 can tomatoes with chiles, Rotel
- 1 can diced green chiles
- 1 dash Tabasco Pepper Sauce optional
- 1 package taco seasoning mix
- 1 package ranch salad dressing mix
- corn chips for serving
- sour cream for garnish, optional
- sharp cheddar cheese Grated, for garnish, optional
- jalapenos Sliced, for garnish, optional
- 1/2 bunch cilantro chopped, for garnish, optional

## Nutrition:

1. Calories: 750 calories
2. Carbohydrate: 48 grams
3. Cholesterol: 160 milligrams
4. Fat: 37 grams
5. Fiber: 13 grams
6. Protein: 61 grams
7. SaturatedFat: 15 grams
8. Sodium: 1410 milligrams
9. Sugar: 10 grams

10. TransFat: 2.5 grams

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