

# Crowd Pleaser Mexican Soup

Yield: 11 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/soup-recipe-beef-beans-mexican>

## Ingredients:

- 2 pounds lean ground beef or sub ground chicken
- 1 onion large, chopped
- 1 teaspoon garlic salt or sub garlic powder
- 1 teaspoon cumin
- 1 package ranch dressing mix or make your own ranch dip
- 3 tablespoons taco seasoning
- 30 ounces rotel
- 30 ounces diced tomatoes
- 8 ounces chopped green chilies
- 15 ounces diced tomatoes
- 30 ounces white corn shoe peg
- 15 ounces black beans
- 15 ounces pinto beans
- 15 ounces beans ranch, or sub 1 can pinto beans
- 2 cups water

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 50 milligrams
4. Fat: 5 grams
5. Fiber: 9 grams
6. Protein: 26 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 310 milligrams
9. Sugar: 11 grams

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