

EMBARRASSINGLY EASY TACO SOUP

PREP FIRST:

Brown **ground beef, chicken or turkey** in a skillet (drain if needed). Then add:

- 1½ tablespoons **taco seasoning**
- ½ teaspoon **salt**
- ½ teaspoon **black pepper**

FREEZE TOGETHER:

- **seasoned cooked ground meat**
- 1 can (14.5-oz) **black beans**, drained and rinsed
- 2 cups frozen **roasted corn**
- 1 can (14.5-oz) **fire-roasted diced tomatoes**
- 1 jar (15-oz) **enchilada sauce**

COOKING INSTRUCTIONS:

INSTANT POT

Frozen or thawed • Add 1 cup water
10 mins HIGH pressure
10-min Natural release

CROCKPOT

Thaw first • Add 1-2 cups water*
LOW 4 hrs or HIGH 2-3 hrs
until warmed through

STOVETOP

Thaw first • Add 1-2 cups water*
Cook 15-18 mins until warmed through

**water amount = desired consistency*

FINISHING TOUCHES:

Top with

- Greek yogurt or sour cream
- Shredded cheese
- avocado
- cilantro
- green onions
- red onion
- crushed tortilla chips

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