

Taco Soup

6-8 servings

1 pound extra lean ground or cubed sirloin
1 cup diced onion
1 clove minced garlic
28 ounce can chopped, peeled tomatoes in juice
15 ¼ ounce can black beans with juice
8 ¾ ounce can corn with juice
15 ounce can tomato sauce
1 ounce package taco seasoning mix

Toppings: sour cream, finely shredded iceberg lettuce, grated cheddar cheese, tortilla chips

In a kettle, brown meat and drain.
Add onion and cook 5 minutes.
Add remaining ingredients and cook for 30 minutes or longer.
Serve soup in a bowl, with toppings on the side.