

Slow-Cooker Taco Soup

Ingredients

- 1 lb. Ground Lean Turkey (85% Lean or higher)
- 3 cups Beef Broth (Low-Sodium, Reduced Sodium, or Unsalted)
- 1 small Red Onion, Diced
- 1 can Whole Kernel Corn (Low-Sodium, Reduced Sodium, or No Salt Added)
- 1 can Black Beans (Low-Sodium, Reduced Sodium, or No Salt Added)
- 1 can Diced Tomatoes (No Salt Added)
- 1 can Diced Green Chilies
- 2.5 tsp Chili Powder
- 1 tsp Ground Cumin
- 1 tsp Paprika
- 1 tsp Salt

* Optional Toppings: diced avocado, crushed whole-wheat tortilla chips, sour cream

*Optional Substitutions: Swap ground turkey for lean ground beef or chicken, swap seasonings for 2 Tbsp. of low-sodium taco seasoning, swap black beans with any other kind of beans such as navy or kidney.

Directions

1. Using a frying pan, cook ground meat on low/medium heat until lightly browned. Break up the meat into chunks as it cooks.
2. Add the diced onions to the pan, cook for approximately 2-3 more minutes, until meat is brown and onions are soft. Drain the fat from the ground meat mixture using a strainer. Add the meat mixture into the slow-cooker.
3. Open the cans of corn and beans; drain and rinse both using a strainer. Add to the slow-cooker.
4. Add broth, diced tomatoes, diced green chilies, chili powder, ground cumin, paprika, and salt into the slow-cooker. Stir together.
5. Cook the soup on high for 4 hours or low for 6-7 hours.
6. Top soup with any desired additional toppings and enjoy!

Nutrition Information (per serving)

Serving size: 1 cup, Servings: 10; Calories: 189, Protein: 14g, Carbohydrate: 21g, Sugar: 4g, Fat: 7g, Sodium: 423 mg

(Adapted from simplvrecipes.com)