

Easy Taco Soup

Serves: 6

Ingredients:

- 1 tbsp. olive oil
- 1 lb. ground beef or ground turkey
- 1 small onion
- 3 cloves minced garlic
- 1 envelope taco seasoning
- $\frac{1}{4}$ cup flour
- 15 oz. can tomato sauce
- 14.5 oz. diced tomatoes with chilies
- 10 oz. can enchilada sauce
- 1 cup frozen corn
- 4 cups chicken broth

Instructions:

- Add olive oil and ground beef in pot and brown meat
- Chop onion, finely and add to pot
- Add garlic to pot and cook for 1 minute before adding additional ingredients
- Add taco seasoning and flour to pot and cook for 2 minutes to brown flour
- Add remaining ingredients and bring to a simmer for 20 minutes