



# Beef Taco Soup

## Ingredients:

- 2 Tbsp Olive Oil
- 1 large onion, diced
- 1 bell pepper, diced
- 3 cloves garlic, minced
- 1 lb hamburger or stew meat
- 2 Tbsp taco seasoning (envelope or see below)
- 3 Tbsp Ranch Dressing Mix (envelope or see below)
- 1 can black beans
- 2 cans Rotel
- 1 1/2 cups frozen corn
- 1 can beef broth (optional)

Brown the beef, peppers, onion and garlic in oil a large skillet. Drain excess fat, then toss with seasonings and transfer to a large slow cooker or stockpot. Add beans, corn and tomatoes and cook in slow cooker on low for 6-8 hours or over low heat for about an hour in a stockpot on the stove. Garnish with chips or spoon bread, as well as your choices of sour cream, cheddar or Monterey jack cheese, green onions, olives and jalepenos.

## Taco Seasoning Mix

- |                                   |                       |
|-----------------------------------|-----------------------|
| 1 tsp chili powder                | 1/4 tsp garlic powder |
| 1/4 tsp onion powder              | 1/4 tsp oregano       |
| 1/4 tsp crushed red pepper flakes | 1/2 tsp paprika       |
| 1 1/2 tsp cumin                   | 1 tsp sea salt        |
| 1 tsp black pepper                |                       |

## Ranch Dressing Mix

- |                               |   |
|-------------------------------|---|
| 1 cup dried buttermilk powder | 2 Tbsp dried parsley, divided               |
| 1 1/2 tsp dried dill, divided | 2 tsp garlic powder                         |
| 2 tsp sea salt                | 2 tsp onion powder                          |
| 2 tsp dried minced onion      | 1 tsp sugar                                 |
| 1/2 tsp black pepper          | 1/2 tsp paprika (optional)                  |
| 1/4 tsp cayenne (optional)    | 2 Tbsp dried portabella mushroom (optional) |

Put the buttermilk, half the parsley and dill, and all the remaining ingredients in a food processor and run for 15 seconds. Transfer to airtight container, add remaining parsley and dill and whisk to combine. Store in fridge up to 3 mo or freezer for 6 mo. Use 3 T with 2 cups sour cream for veggie dip or with 1 cup mayo and 1 cup buttermilk for dressing.