



[JUMP TO RECIPE](#)

Stovetop Taco Soup

PREP TIME	COOK TIME	TOTAL TIME	SERVINGS
20 mins	35 mins	55 mins	6 servings

NOTE

You can adjust the amount of salt in the spice blend to suit your tastes. For complete control, exclude the salt entirely, then season the assembled soup to taste.

Ingredients

- 1 pound ground chuck (80/20)
- 1 (1-ounce) packet taco seasoning, or 3 tablespoons [homemade](#)
- 1 medium yellow onion (about 1 1/2 cups), diced
- 4 cloves garlic, minced
- 2 (14.5-ounce) cans fire-roasted diced tomatoes (not drained)
- 3 cups [beef stock](#)
- 1 (4-ounce) can diced green chiles
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (15.25-ounce) can corn, drained, or 1 1/2 cups frozen corn, thawed and drained
- 4 ounces (about 1 cup) shredded cheddar or Colby Jack cheese
- 1/2 cup fresh cilantro leaves, chopped

Optional toppings

- Shredded cheddar cheese
- Crumbled cotija cheese
- Diced red onions
- Avocado
- Jalapeño slices
- Sour cream
- Chopped cilantro
- Tortilla strips
- Lime wedges

Method

1. Cook the meat and aromatics:

Add the ground chuck to a 6-quart dutch oven. Turn the stove to medium heat and use a large spoon to break up the meat in the pot. Sprinkle the taco seasoning over the beef and brown over medium heat until most of the pink is gone, about 5 minutes.

Add the diced onions and garlic to the pot with the ground beef. Sauté the veggies with the meat until the onions and garlic are glossy and just beginning to brown, about 4 minutes.

Remove from the heat. Use a spoon to remove excess fat from the pan and discard.

2. Add the tomatoes, beef stock, and chiles:

Stir in the fire-roasted tomatoes, beef stock, and green chiles.

Bring to a boil over medium heat. Reduce the heat to medium-low and cover the pot. Simmer the soup for 15 minutes, stirring occasionally.

3. Add the black beans and corn:

Stir in the black beans and corn, cover the pot, and simmer the soup for another 10 minutes on medium-low heat, stirring once. Taste the soup, adjusting the seasoning to taste with salt or more taco seasoning.

4. Add the cheese and cilantro:

Turn off the heat. Stir in the shredded cheese and cilantro. Serve topped with your favorite toppings.

Store leftover taco soup in an airtight container in the fridge for up to 3 days.

Love the recipe? Leave us stars below!

FILED UNDER:

DINNERS RECIPES FAMILY DINNERS COMFORT FOOD LOW CARB

Nutrition Facts (per serving)

406	21g	25g	31g
CALORIES	FAT	CARBS	PROTEIN