Taco Soup

Ingredients:

- 2 lbs ground beef (or chicken or turkey)
- 2 cups broth (I usually use chicken because that's what we usually have - anything will work)
- 1 medium onion, diced
- 3 cloves garlic, minced
- 3 tbsp tomato paste
- 1 packet taco seasoning
- 15 oz can black beans, undrained
- 15 oz can fire-roasted corn, undrained
- 15 oz can tomatoes with green chilis
- 2 tbsp hot sauce (or more, to taste)
- Sour cream to garnish
- Shredded cheese to garnish
- Fritos to garnish

Directions:

1. Heat a dutch oven or other heavy pot over medium heat. Add ground beef and mix until cooked through and browned.
2. Add onion and cook until softened, then add garlic and cook until fragrant. Add tomato paste and taco seasoning and stir to combine.
3. Stir in beans, corn, tomatoes, and broth. Add hot sauce and lightly simmer for 10 to 15 minutes.
4. Taste for seasoning, then serve with sour cream, cheese, and Fritos.

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