**Arlene’s Taco Soup**

**Ingredients:**

* **One lb. of Food Lion 93% Lean 7% Fat Ground Beef**
* **One large onion chopped**
* **One 16 oz. can of Bush’s Best Dark Red Kidney Beans NOT DRAINED**
* **One 15 oz. can of Bush’s Best Black Beans Frijoles Negros NOT DRAINED**
* **One 15.25 oz. can of Del Monte Whole Kernel Corn NOT DRAINED**
* **One 14.5 oz. cans of Hunt’s Diced Tomatoes**
* **One 8 oz. can of Hunt’s Tomato Sauce**
* **One 1 ¼ oz. package of mild taco seasoning mix**
* **Optional – See #4. below**

**Directions:**

1. **Brown the ground beef and onions in a Dutch oven. Drain any excess fat.**
2. **Transfer the ground beef and onions back into the Dutch oven.**
3. **Add the other ingredients and simmer for one hour over a low heat.**
4. **Garnish with your choice of a handful of tortilla chips, one tbsp. of grated cheese, and/or a dollop of sour cream.**
5. **Enjoy**