

Taco Soup

Easy homemade taco soup with ground beef, beans, corn and Mexican spices. Ready in 40 minutes - perfect for busy weeknight dinners!

10	30	40	6	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Taco Soup

Ingredients

- 1 lb ground beef
- 2 tbsp olive oil
- 1 onion
- 2 clove garlic
- 1 jalapeno pepper
- 400 g tomato
- 400 ml beef broth
- 1 cup tomato paste
- 1 cup corn
- 400 g black bean
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp paprika
- 1 tsp oregano
- 1 cup cilantro (coriander)
- 1 tbsp lime juice
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Cook the beef and aromatics**

Heat 2 tablespoons oil in a large Dutch oven or heavy-bottomed pot over medium-high heat until shimmering, about 2 minutes.
- 2** Add 1 lb ground beef and cook, breaking it apart with a wooden spoon, until browned and no pink remains, about 6-8 minutes.
- 3** Add 1 diced onion and 2 minced garlic cloves to the pot and cook, stirring frequently, until the onion is soft and translucent, about 4-5 minutes.
- 4** Drain excess fat from the pot, leaving about 1 tablespoon in the bottom.
- 5 Add spices and tomatoes**

Stir in 1 teaspoon each of cumin, chili powder, paprika, and oregano, cooking until fragrant, about 30 seconds.

- 6 Add 400g diced tomatoes with their juices and 1 tablespoon tomato paste, stirring to combine well.
- 7 **Build the soup base**
Pour in 400ml broth, 1 cup corn, and 1 cup black beans, stirring to combine all ingredients.
- 8 Bring the mixture to a boil over high heat, then reduce heat to low and simmer covered for 20 minutes, stirring occasionally.
- 9 **Season and finish**
Add 400g kidney beans and season with 1 teaspoon salt and 1 teaspoon black pepper.
- 10 Continue simmering uncovered for 10 more minutes until the soup has thickened slightly and all flavors have melded together.
- 11 Taste and adjust seasoning with additional salt and pepper as needed, then serve hot with desired toppings.

Tips

Always drain and rinse canned beans thoroughly to remove excess sodium and improve the overall flavor of your soup.

Brown the ground beef in batches if necessary to avoid overcrowding the pan, which can cause steaming instead of proper browning.

Toast your spices in the pan for 30 seconds before adding liquids to intensify their flavors and create a more complex taste profile.

For deeper flavor, sauté the vegetables until they're lightly caramelized before adding the broth and other liquids.

Add corn and beans during the last 10-15 minutes of cooking to prevent them from becoming mushy and losing their texture.

Taste and adjust seasoning at the end of cooking, as flavors concentrate during the simmering process.

For make-ahead convenience, prepare the soup base without beans and corn, then add them when reheating for the freshest texture.

Freeze leftover soup in ice cube trays for convenient single-serving portions that thaw quickly for lunch or snacks.