



Taco Soup

- 1 lb. ground turkey
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 jalapeño, minced (optional)
- 2 cans (14.5 oz.) fire roasted tomatoes
- 1 TBSP chili powder
- 1 teaspoon ground cumin
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano (rubbed)
- 1 teaspoon ground black pepper
- 1 teaspoon cornstarch
- 1 can (4 oz.) green chiles, diced
- 1 qt. chicken or vegetable broth
- 1 can (15 oz.) pinto beans, drained and rinsed
- 1 can (15 oz.) can black beans, drained and rinsed
- 1 can (15 oz.) whole kernel corn, drained
- Kosher salt, to taste
- Freshly ground black pepper
- Garnishes (optional)**
- Sour cream, for serving
- Cilantro, chopped, for serving
- Cheddar or cotija cheese, grated or crumbled, for serving
- Avocado, sliced, for serving



4 servings

1. Heat a large pot over medium heat. Add turkey and onion and cook until onion is soft and turkey is cooked through (about 8 minutes).
2. Add garlic and jalapeno and cook for an additional 2 minutes.
3. Stir in tomatoes, with juices, spices, cornstarch, chiles, broth, corn and beans.
4. Bring to a boil. Reduce heat to medium-low and cook about 20 minutes.
5. Season to taste with salt and pepper.
6. Divide soup among 4 bowls and top with remaining ingredients.