

Taco Soup

This recipe makes about 10 cups



Ingredients

1 lb hamburger
1- 8oz can corn
1 -8 oz can tomato sauce
1 -10 oz can of rotel
1-16 oz can of pinto beans drained & rinsed
1-16 oz can of pinto beans drained & rinsed
1 onions to taste
1 green bell pepper
1 tbsp italian seasoning
2 ½ tbsp taco seasoning
1 ½ cups of chicken broth

This recipe was contributed by Nessa's Nook

Directions:

1. Cook the ground beef in a pan over medium heat
2. Add onions and peppers and cook until soft
3. Drain the beef and rinse thoroughly with hot water to remove excess grease.
4. Add Rotel, pinto beans, black beans, chicken broth, taco seasoning, and broth.
5. Stir well and cook until heated through
6. Line your trays with parchment
7. Ladle or pour the soup onto your trays.
8. Add dividers if using, We like 10 portions for this recipe
9. Pre-freeze until solid.
10. Freeze dry (my cycle time was 24 hours)
11. Store in one serving portions in mylar bags for long-term storage.

Rehydration:

Add 3 divider portions or about 1 ½ cups of freeze dried soup and 1 cup of hot water to a bowl or mylar bag, cover or seal the bag for 3 minutes. Stir and cover for an additional 3 minutes. Adjust consistency to your liking. Enjoy

Notes:

This makes a great camping or road trip meal. You can rehydrate and eat it right out of a mylar bag. Serve with tortilla chips, freeze-dried cheese or sour cream

Nutritional Value Per 1 ½ cup serving serving pre-freeze-dried

Calories: 215 Protein: 13 g Fat: 13 g Carbohydrates: 9 g Sugar: 1 g Fiber: 1 g