Taco Soup

2 lbs of Ground Beef
1 Onion
1 Green Pepper
3 Cans of Mexican Style Stewed Tomatoes
1 Can of Black Beans
1 Can of Kidney Beans
1 Cup of Salsa
1 Package of Taco Seasoning
1 Bag of Frozen Corn
Crushed Red Pepper (Optional)
Hot Sauce (Optional)

Toppings:
Shredded Cheese
Tortilla chips

In a skillet, brown ground beef, onion & green pepper, drain fat. While ground beef is cooking, open stewed tomatoes and cut into bite size pieces. In a large pot or crock pot add all ingredients together and let cook on medium low for an hour or more.

Scoop out into bowl and top with grated cheese and crushed tortilla chips (optional)

Submitted by Jodi Shupp
Golden Cream Soup

Sherma's Recipe

INGREDIENTS

- 3 c chopped potatoes
- 2 c water
- 1/2 c sliced celery
- 1/2 c sliced carrots
- 1/2 c chopped onion
- 1 tsp parsley flakes
- 1/2 tsp salt
- dash of pepper
- 1 chicken bouillon cube
- 1 1/2 c milk
- 2 Tbsp flour
- 1/2 lb velveeta cheese

DIRECTIONS

Cook the vegetables in the water 20 mins or until tender. Add the spices.
Mix milk and flour together until smooth. Add to the vegetables.
Add in the Velveeta cheese and stir until melted.

Submitted by Amber Hansen
Tex Mex Chicken Chowder

Ingredients
1 ¼ pounds boneless chicken breasts, cut into 1-inch pieces
1 medium onion, chopped
3 tablespoons butter
2 garlic cloves, minced
1 cup hot water
2 teaspoons chicken bouillon granules
½ teaspoon ground cumin
2 cups half-and-half cream
2 cups Monterey Jack cheese, shredded
1 can (14 ¾ oz) cream-style corn
1 can (4 oz) chopped green chiles, undrained
½-1 teaspoon hot pepper sauce (to taste)
Optional toppings: chopped tomato, minced fresh cilantro, fried tortilla strips, homemade croutons (My Favorite! Recipe to follow)

Directions
1) In a Dutch oven, brown chicken and onion in butter until chicken is no longer pink.
2) Add garlic and cook 1 minute longer.
3) Add the water, bouillon and cumin and bring to a boil
4) Reduce heat, cover and simmer for 5 minutes.
5) Stir in the cream, cheese, corn, chiles and hot pepper sauce.
6) Cook and stir over low heat until cheese is melted.
7) Add desired topping and enjoy!

Prep Time: 30 minutes
Yield: 2 quarts

Submitted by Dana Gibson

Homemade Croutons
3 T butter, melted
¼ t garlic powder
¼ t pepper
1 loaf French bread, cut into ½ - 1 inch cubes
Preheat oven to 375°. In a large bowl, mix melted butter, garlic powder and pepper. Add bread and toss to coat. Transfer to a 15x10-inch baking pan. Bake, stirring every 5 minutes until golden brown (15-20 min).
Vegetable Beef Soup

**Ingredients:**

Beef of choice
Mixed Veggies (Fresh or Frozen)
Olive Oil
Citrus Rub
Basil
Garlic and Herb
Maple Seasoning
Creole Seasoning
Peppers
Onions
Celery
One medium can of tomato paste
Potatoes
Okra (optional)

**Preparation:**

Place peppers and onions at bottom of cooker.
Place meat into slow cooker.
Place more peppers, onions, and chopped celery on top of meat.
Season meat to taste with any combo of seasonings.
Add a tablespoon of olive oil.
Fill cooker with water halfway of the meat.
Cook meat on low for six to eight hours.
Once meat is done, remove meat from cooker.
*Do not discard stock*
Place mixed veggies into the stock.
Dice potatoes and place into the cooker.
Season veggies and potatoes to taste with any combo of seasonings.
Cook on high for the length of time needed to ensure potatoes are tender.
Place one can of tomato paste into the cooker and stir.
Place chopped okra into cooker.
Once veggies are done, return meat to cooker and cover on low.

*Bon Appétit*

Submitted by Steven Richardson
Mom's Chili Recipe
- 1 lb red beans or kidney beans.
- 1 lb Ground beef
- Bacon (as much as you want)
- 2 cups of chopped Celery
- Small can of Tomato paste.
- 2 Tablespoons Brown sugar (skip this step if you don't like sweet chili)
- I cooked red beans for 40 minutes in the instant pot. (Others prefer just to use canned beans.)
- If you chose to use canned beans then use about two 1/2 cups of chicken broth for Liquid,
(The water that comes with the canned beans is not very tasty ...)
- Brown the meat in a pan, drain the fat (Add some seasoning if you like it)
- Cook bacon in a pan, drain the fat, once it is done chop it into small pieces
- (some people use bacon that is already cooked and chopped)
Add to meat and bacon to cooked beans and celery in the instant pot and cook for 30 Minutes

Submitted by Jaun Chavez
Autumn Comfort Stew

1 1/2 lb chuck roast, cubed
1 tbsp avocado oil, more as needed
3 tps salt, divided
2 tbsp red wine vinegar
2 tbsp tomato paste
1 tbsp Worcestershire Sauce
1 large bay leaf
1 lb turnips, cubed
2 medium carrots, coined
1 med onion, diced
1 celery stalk, chopped
2 cloves garlic, minced
1/2 tsp xanthan gum
1 tbsp fresh parsley, minced

1. Heat a large dutch oven over med-high heat. Add oil and heat until it shimmers.
2. Sprinkle beef with salt. Put a single layer in dutch & brown on all sides. Do this in batches and add oil as needed. Remove to bowl and set aside.
3. Over med-high heat: add 1/2 c. beef broth & vinegar to dutch & scrap up the browned bits from bottom of pan.
4. Add beef back into pan with rest of broth, tomato paste, Worcestershire Sauce and bay leaf.
5. Bring to a boil, reduce to simmer and cover. Cook over low heat 1 1/2 hours or until beef is tender.
6. Add turnips, carrots, onion, celery, garlic and 2 tps salt and stir.
7. Remove 1/2 c. broth and mix with gum then stir back in.
8. Let simmer uncovered 45 mins. Stir occasionally.
9. Remove bay leaf & sprinkle with parsley before serving.

Prep time: About 3 hours
Serves: 6

Submitted by Cindy Reinhard
Working Mom's Cheesy Chicken Broccoli Soup Recipe

1 package of Costco's cheddar broccoli soup (comes with two in the package)
1 package of bagged rotisserie chicken (shred well)
1 32 oz. container of chicken broth (I used about 20 oz.)
2 cups of shredded sharp cheddar cheese
Salt, pepper, onion powder, minced garlic, and roasted garlic and herb seasoning - add all to taste (I did approximately 2 tsp. salt, 2 tsp. pepper, one spoonful of minced garlic, and one spoonful of roasted garlic and herb seasoning)

Combine soup mixture, rotisserie chicken, chicken broth, and seasonings in the crockpot. Cook until hot, and add shredded sharp cheddar cheese ten minutes before serving or until cheese has melted into soup.

Submitted by Brooke Lindgren
Chicken Enchilada Soup

Two 30-ounce cans enchilada sauce
Two 22.6-ounce cans cream of chicken condensed soup
One 22.6-ounce can filled with milk
One 7-ounce can green chiles, drained
One 12.5-ounce can chunked chicken, drained
One teaspoon dried cilantro leaves
Fresh cilantro, chopped
Grated cheese


Submitted by Laura Thompson
Aloo Curry (Indian Potato Soup)

Cuisine: Indian

Ingredients:
- 1 ½ pounds potatoes leave whole, peeled
- 2 tablespoons ghee or oil
- 1 teaspoon cumin seeds
- ½ teaspoon mustard seeds
- 1 green chili minced
- 2 cups water
- 1 teaspoon salt
- 1 teaspoon turmeric
- ½ teaspoon amchur green mango powder
- ½ teaspoon paprika
- ¼ teaspoon black pepper
- ¼ teaspoon cayenne to taste

Instructions:

Instant Pot Directions:
1. Press sauté, add ghee to the pot and once it melts, add cumin seeds, mustard seeds and green chili. Once the cumin seeds brown, add the remaining ingredients to the pot.
2. Secure the lid, close the pressure valve and cook at high pressure for 10 minutes.
3. Naturally release pressure for 10 minutes.

https://myheartbeets.com/aloo-curry-indian-potato-soup/
4. Use a fork to break the potatoes apart, smashing some of the potatoes into the curry to thicken the sauce.

5. Add more water to adjust the curry to your desired consistency. Garnish with cilantro and serve.

**Stovetop Directions:**

1. Make deep slits in the potatoes and set aside for now.

2. In a medium-sized pot, add ghee and once it melts, add cumin seeds, mustard seeds and green chili. Once the cumin seeds brown, add the remaining ingredients (including the potatoes) to the pot.

3. Cover the pot with a lid and cook for 15 minutes.

4. Remove the lid and flip the whole potatoes over onto the other side. Pour an additional 2 cups of water into the pot. Cover and cook for another 15 minutes.

5. Remove the lid and break the potatoes apart with a fork, smashing some of them into the curry to help thicken the sauce.

6. Add more water to adjust the curry to your desired consistency. Garnish with cilantro and serve.

**How to Make this with Pre-Boiled Potatoes:**

1. To boil potatoes, place them into a large pot and cover with cold water so that the water is an inch above the potatoes. Cover the pot and bring to a boil, then lower the heat to medium. Test for doneness at 30 minutes. A sharp knife should easily go through the potato. Drain and set aside.

2. In a medium-sized pot, heat ghee over medium heat. Once it melts, add cumin seeds and mustard seeds.

3. When the cumin and mustard seeds begin to splutter, add the remaining spices.

4. Add the cooked potatoes to the pot and mix well, breaking them apart as you mix. Add the water to the pot. Raise the heat to high to bring the potato curry to a boil, then reduce the heat to medium and simmer for 5 minutes.

5. Add more water to adjust the curry to your desired consistency. Garnish with cilantro and serve.

**Notes**

- I think this dish tastes better with ghee but if you want to make this vegan, use oil.

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