

Crockpot Taco Soup

Ingredients:

- 1 lb ground beef, turkey, or pork - browned (*I like to brown the meat with the onion & garlic*)
- 1 large onion, chopped
- 2 T. garlic, minced
- 1 pack taco seasoning
- 1 pack onion soup mix
- 2 - 14 oz cans chili beans
- 1 - 16 oz can corn, undrained
- 2 - 14 oz cans diced or pureed tomatoes
- 4 c. beef broth, chicken broth, or vegetable broth or use water and bouillon cubes

Optional Ingredients:

- 1 c. frozen cauliflower (optional)
- 1 c. frozen Okra (optional)
- 2 T. [collagen](#) or [gelatin](#)
- 1 T. coconut oil
- 2 c. very water

If using these add them all to a blender or food processor and puree until smooth. Add to the soup.

Toppings:

- sour cream or greek yogurt
- shredded cheese
- Salsa
- baked blue tortilla chips

Directions:

Add all the ingredients to the [crockpot](#) except for the optional ingredients and the toppings.

If using the optional ingredients prepare them and add to the pot.

Cook on high 3-4 hours or on low 5-6 hours. Add water, if needed.

Serve hot and top with your favorite toppings.