

■ Shelf-Stable Taco Soup

Ingredients

- 1 1 can chili beans (or pinto beans)
- 2 1 can black beans
- 3 1 can corn
- 4 1 can diced tomatoes with green chilies (like Rotel)
- 5 1 can chicken or ground beef (shelf-stable canned meat)
- 6 1 packet taco seasoning
- 7 1 small carton or can of chicken broth

Optional Add-ins

- 1 Small bag of tortilla chips
- 2 Packet of shelf-stable shredded cheese (if available)
- 3 Salt & pepper packets

Instructions

- 1 In a medium pot, combine both cans of beans (drained), can of corn (drained), can of diced tomatoes (undrained), can of chicken (with juice), taco seasoning packet, and chicken broth.
- 2 Stir well and heat over medium until hot and bubbly (about 10–15 minutes).
- 3 Add additional water or broth if needed.
- 4 Taste and season with salt or pepper if needed.
- 5 Optional: Crumble tortilla chips on top when serving.