

Bean & Beef Taco Soup

Ingredients

- 1 tablespoon olive oil
- 1 cup chopped yellow onion (from 1 medium onion)
- $\frac{3}{4}$ cup chopped poblano chile (about 1 medium chile)
- 1 pound 93/7 lean ground beef sirloin
- 1 tablespoon minced garlic (about 3 medium garlic cloves)
- 1 teaspoon ancho chile powder
- 1 teaspoon ground cumin
- $\frac{1}{2}$ teaspoon dried oregano
- $\frac{1}{4}$ teaspoon cayenne pepper
- 1 (15 ounce) can no-salt-added tomato sauce
- 1 (15 ounce) can no-salt-added pinto beans, rinsed and drained
- 1 (15 ounce) can no-salt-added black beans, rinsed and drained
- 1 (10 ounce) can diced tomatoes and green chiles (such as Rotel)
- 1 $\frac{1}{2}$ cups unsalted beef broth
- 1 cup fresh or frozen (and thawed) corn kernels
- $\frac{3}{4}$ teaspoon kosher salt
- $\frac{1}{3}$ cup chopped fresh cilantro, plus more for garnish
- 1 medium ripe avocado, cut into small cubes
- $\frac{3}{4}$ cup tortilla strips (about 1 ounce)
- $\frac{1}{2}$ cup sour cream
- 2 ounces pre-shredded Mexican cheese blend (about $\frac{1}{2}$ cup)
- Lime wedges

Directions

1. Heat oil in a large saucepan over medium-high.
2. Add onion and poblano; cook, stirring often, until lightly browned, about 6 minutes.
3. Add ground beef; cook, stirring to crumble, until no longer pink, about 7 minutes.
4. Add garlic, ancho chile powder, cumin, oregano and cayenne; cook, stirring constantly, until fragrant, about 1 minute.
5. Add tomato sauce, pinto and black beans, diced tomatoes, broth, corn and salt; bring to a boil over medium-high. Reduce heat to medium; simmer, undisturbed, about 10 minutes.
6. Remove from heat; stir in cilantro. Top evenly with avocado, tortilla strips, sour cream and cheese. Serve alongside lime wedges.

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