

## Easy Taco Soup by Food Storage Moms

1 can of cooked ground beef or you can use a frying pan to cook one pound. (optional)

\*\*\*\*\*This is where I buy [Cooked Ground Beef](#) for Mark.

One chopped onion or (equivalent amount) freeze-dried onions

1 (28-ounce) can of diced or crushed tomatoes, do not drain

1 (16-ounce) kidney beans, do not drain

1 (16-ounce) can of corn, do not drain

1 tablespoon taco seasoning or one package if you don't buy the jar [Taco Seasoning](#)

Combine all the ingredients in a large saucepan and heat through or put the ingredients in a slow cooker for 6-8 hours.