

Beef or Chicken Taco Soup

Unit: 4 Qt, Steamer Insert, 8Qt.

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| 1 - Bag of Thin Tortilla Chips | 1 - 16 Oz Bag of Frozen Corn |
| 2 - Pounds Ground Beef | 1 - Cans of Rotel Tomatoes |
| 2 - Tablespoons of Chili Powder | 1 - Can of Tomato Sauce |
| 1 - Tablespoon of Garlic Powder | 3 - Tablespoons of Cumin |
| 2 - Teaspoons of Sea Salt | 2 - 32 Oz Container of Beef Broth |
| 12 - Ounces of Dry Black Beans | 1 - 8 Oz. Container of Sour Cream |
| (2 -16 Oz. cans of black beans will work) | |

First, cook the beans with one part beans and 2 parts of water on medium heat until the valve whistles. Turn to low heat and cook for 30 minutes. **(Skip this step if using canned beans)**

Place the ground beef in the steamer inset and pour 1 inch of water in the 4 qt. saucepan. Place the steamer inset in the 4qt. and cook on medium-high until done. (12-15 minutes).

Once the beans and beef are done, combine all other ingredients except for the tortilla chips and the sour cream in the 8qt roaster. Rotate the valve below the knob to open and cook on medium heat until the valve whistles. Reduce heat to low and cook for 15-minutes. Serve with sour cream and tortilla chips!

Note:

You can use chicken breasts in place of beef. If so, preheat a skillet on medium-high (450 with the Electric Skillet) and cook them 6 minutes per side or until done. Cube them with kitchen shears or a knife into bite sized pieces and follow the above directions. Use extra seasoning with chicken because it is more bland than beef!