**Taco Soup Recipe** (provided by Jeri)

**Ingredients**

* 1 lb. Lean Ground Beef
* 1 clove garlic crushed or ½ tsp garlic
* 1 large onion chopped
* 1 16 oz can diced tomatoes
* 1 16 oz can tomato sauce
* 1 4 oz can diced green chilies
* 1 16 oz jar mild (or medium) thick and chunky salsa
* 3 cans of beans (I use 2 cans pintos, 1 can kidney beans in Chile sauce)
* 1 pkg taco seasoning mix
* 3 cups water

**Directions:**

Brown beef with onion and garlic, when thoroughly browned into small pieces drain off excess liquid. Add remaining ingredients and simmer. Serve with grated cheddar cheese, taco flavored chips and sour cream if desired.