

## Taco Soup

1 lb. ground beef  
1 small onion, chopped  
1 28 oz can diced or crushed tomatoes  
1 15 oz can kidney beans, rinsed and drained  
1 17 oz can whole-kernel corn, undrained  
1 15 oz can shoestring beets  
1 package taco seasoning  
1 T. cumin  
3 c. water  
1/3 bunch chopped cilantro  
Sour cream  
Tortilla chips or Doritos or Fritos

Brown the beef and onion. Drain off the fat. Add the remaining ingredients except the cilantro and chips. Simmer everything for 15-30 minutes. When serving, ladle over crushed chips, sprinkle on some cilantro and top with sour cream.