

Beef Enchilada Soup for the Freezer

Created by cattle rancher Debbie Lyons Blythe

Ingredients

- 3 lbs ground beef
- 1 large can of tomatoes (crushed, diced, or sauce - your preference)
- 1 can black beans
- 1 can kidney beans
- 1 can sweet corn
- 1 small can green chilis
- 1 can enchilada sauce
- 1 carton beef broth
- 2 envelopes or ⅔ cup taco seasoning
- 2 one gallon Ziploc freezer bags

Directions

1. Brown the ground beef in large skillet over medium heat. Drain excess grease and divide evenly between two 1-gallon freezer bags.
2. Divide the remaining ingredients evenly between the two bags.
3. Press out as much air as possible from each bag and seal tightly. Label each bag with the recipe name and cooking instructions.
4. Lay the bags flat on a freezer shelf until frozen, then stack to save space.

To Enjoy

1. The day before cooking, transfer one freezer bag to the refrigerator and thaw overnight.
2. Pour the thawed soup mixture into a slow cooker. Cover and cook on LOW for 6–8 hours or HIGH for 3–4 hours.
3. Serve warm with sliced flour tortillas stirred into the soup for a noodle-like texture.

Nutrition Facts: (1 serving) - each bag is 6 servings: Calories: 390, Fat 20g, Saturated Fat 7g, Sodium 650mg, Carbohydrates 26g, Fiber 7g, Total Sugars 6g, Protein 30g, Potassium 850mg, Iron 5mg

Did you know Kansas beef cattle eat over 84,000 tons of soybean meal a year?

KansasSoybeans.org

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