

Beef and Bean Taco Soup

Shopping List

Cooking Oils

- ☐ 1 tablespoon olive oil

Produce

- ☐ 1 cup chopped yellow onion (from 1 medium onion)
- ☐ $\frac{3}{4}$ cup chopped poblano chile (about 1 medium chile)
- ☐ 1 tablespoon minced garlic (about 3 medium garlic cloves)
- ☐ 1 cup fresh or frozen (and thawed) corn kernels
- ☐ $\frac{1}{3}$ cup chopped fresh cilantro, plus more for garnish
- ☐ 1 medium ripe avocado, cut into small cubes
- ☐ Lime wedges

Protein

- ☐ 1 pound 93/7 lean ground beef sirloin

Pantry

- ☐ 1 teaspoon ancho chile powder
- ☐ 1 teaspoon ground cumin
- ☐ $\frac{1}{2}$ teaspoon dried oregano
- ☐ $\frac{1}{4}$ teaspoon cayenne pepper
- ☐ 1 (15-ounce) can no-salt-added tomato sauce
- ☐ 1 (15-ounce) can no-salt-added pinto beans, rinsed and drained
- ☐ 1 (15-ounce) can no-salt-added black beans, rinsed and drained
- ☐ 1 (10-ounce) can diced tomatoes and green chiles (such as Rotel)
- ☐ 1 $\frac{1}{2}$ cups unsalted beef broth
- ☐ $\frac{3}{4}$ teaspoon kosher salt
- ☐ $\frac{3}{4}$ cup tortilla strips (about 1 ounce)

Dairy

- ☐ $\frac{1}{2}$ cup sour cream
- ☐ 2 ounces shredded Mexican-style cheese blend (about $\frac{1}{2}$ cup)