

Taco Chili for 4

- ~ 1 lb. lean (at least 80%) ground beef
- ~ 1/2 cup frozen or fresh chopped onion
- ~ 2 tablespoons Taco Seasoning Mix (from 1.25-oz. pkg.)
- ~ 1 15.5 oz. can diced tomatoes with green chilies, undrained
- ~ 1 8 oz. can tomato sauce
- ~ 1 cup frozen corn
- ~ 1 15.5 oz. can southwestern black beans with chili spices, undrained
- ~ Fritos
- ~ shredded cheddar cheese

1. In a 3-quart saucepan, cook ground beef and onion over medium-high heat until beef is browned, stirring frequently. Drain.

2. Stir in taco seasoning mix, tomatoes, tomato sauce and corn. Bring to a boil. Reduce heat to medium; cook 10 to 15 minutes or until beef is thoroughly cooked and corn is tender, stirring occasionally.

3. Stir in beans; return to a boil. Reduce heat to medium; cook 10 minutes or until thoroughly heated and flavors are blended, stirring occasionally.

4. Spoon into individual serving bowls. Sprinkle each serving with Fritos and cheese.

* I am never able to find the black beans with seasoning or the tomatoes with green chilies and I also buy the cheap stuff so I just use regular black beans and tomatoes.