



Taco Soup Frios Recipe is a delightful spin on the traditional taco flavors we all know and love. This warm, hearty soup combines the zesty essence of tacos with a rich and creamy base, making it the ultimate [comfort food](#). Perfect for chilly evenings or as a crowd-pleaser at gatherings, this recipe offers a seamless blend of simplicity and bold flavor. With its vibrant mix of ingredients and a cheesy touch, Taco Soup Frios is not just a meal; it's an experience that brings a fiesta to your table. Ready to dive in? Let's get cooking!

Ingredients for the Best Taco Soup Frios Recipe

The magic of Taco Soup Frios lies in its simplicity and versatility. Here's what you'll need to make the best version of this dish:

- **Ground beef** (or turkey for a lighter option)
- **Diced tomatoes** with green chilies
- **Corn kernels**, fresh or canned
- **Black beans** or pinto beans
- **Taco seasoning** for that classic Mexican flavor
- Use **cream cheese or sour cream** to achieve a rich and creamy "frios" texture.
- **Beef or chicken broth** to create a flavorful base
- **Onions and garlic** for depth of flavor
- **Optional garnishes:** grated cheese, sliced avocado, fresh cilantro, or crumbled tortilla chips.

These ingredients come together to create a dish bursting with flavor and texture.

Step-by-Step Guide to Making Taco Soup Frios with Ground Beef

1. **Prepare the Ground Beef**
 - Heat a large pot over medium heat and add ground beef. Cook, using a spoon to break it into crumbles, until it becomes golden brown.. Drain any excess grease.
2. **Sauté the Aromatics**
 - Stir in the chopped onions and finely minced garlic into the pot. Sauté until fragrant and translucent.
3. **Add Base Ingredients**
 - Stir in diced tomatoes, beans, and corn. Pour in the broth and mix well.
4. **Incorporate Taco Seasoning**



- Add taco seasoning to the pot, adjusting to your spice preference.

5. Simmer and Blend

- Let the mixture simmer for 20-25 minutes, allowing the flavors to meld together.

6. Add the Frios Touch

- Lower the heat and stir in cream cheese or sour cream until fully incorporated. This step gives the soup its creamy, rich texture.

7. Serve and Garnish

- Serve hot and garnish with shredded cheese, cilantro, or a dollop of sour cream. Don't forget the tortilla chips for added crunch!

How to Prepare an Easy Taco Soup Frios Recipe in Minutes

For those short on time, here's a simplified version of Taco Soup Frios that doesn't compromise on flavor:

- Use a slow cooker to combine all ingredients, except the creamy element. Let it cook on low for 6-8 hours or high for 3-4 hours.
- Add cream cheese or sour cream during the last 30 minutes of cooking.
- Dish it out straight from the slow cooker to keep cleanup to a minimum!

This approach is ideal for hectic weekdays or whenever you're craving a simple, no-fuss meal.

Authentic Taco Soup Frios Recipe: A Taste of Tradition

If you're seeking an authentic experience, stick to the classic ingredients with a focus on traditional Mexican spices. Using homemade taco seasoning and fresh vegetables will elevate the dish's flavor. Here's a quick guide:

- Combine chili powder, cumin, paprika, oregano, and garlic powder for a homemade taco seasoning blend.
- Opt for fire-roasted tomatoes and fresh jalapeños for added authenticity.
- Use freshly cooked beans instead of canned for a more traditional approach.

The result? A dish that feels like it came straight from a Mexican kitchen!



Exploring the Kraft Taco Soup Recipe: A Popular Variation

Kraft Taco Soup is a hearty, flavorful dish combining classic taco ingredients with a creamy soup base. This recipe is versatile, easy to prepare, and perfect for feeding a crowd. Here's a detailed breakdown of the ingredients and instructions to create this popular variation.

Ingredients

Here's a list of ingredients you'll need to prepare this tasty soup:

- **1 pound ground beef or turkey**
- **1 packet taco seasoning** (Kraft brand preferred or any you have on hand)
- **1 can (15 ounces) black beans**, rinsed and drained
- **1 can (15 ounces) kidney beans**, rinsed and drained
- **1 can (15 ounces) corn kernels**, drained
- **1 can (10 ounces) diced tomatoes with green chilies**
- **1 can (15 ounces) tomato sauce**
- **1 block (8 ounces) Kraft Velveeta cheese**, cubed
- **2 cups beef broth** (or chicken broth for a lighter flavor)
- **1 cup Kraft shredded cheddar cheese** (optional for topping)
- **Tortilla chips or strips** (for garnish)
- **Sour cream** (optional for serving)
- **Fresh cilantro**, chopped (optional for garnish)

Instructions

1. Cook the Ground Meat

- Warm a large pot or Dutch oven over medium heat.
- Add the ground beef or turkey, cooking it until browned and breaking it into crumbles.
- Drain off any excess fat.

2. Add the Taco Seasoning

- Stir in the taco seasoning and cook for 1-2 minutes, allowing the flavors to meld with the meat.

3. Combine the Ingredients

- Add the black beans, kidney beans, corn, diced tomatoes with green chilies, tomato sauce, and beef broth to the pot.



- Stir well to combine.

4. Simmer the Soup

- Bring the mixture to a boil, then reduce the heat to low.
- Cover and let the soup simmer for 20 minutes, stirring occasionally.

5. Incorporate the Cheese

- Add the cubed Velveeta cheese to the pot.
- Stir until the cheese is fully melted and the soup is creamy.

6. Serve and Garnish

- Ladle the soup into bowls.
- Top with shredded cheddar cheese, a dollop of sour cream, tortilla chips or strips, and a sprinkle of fresh cilantro if desired.

Taco Soup Dip: A Creative Twist on the Classic Dish

Transforming Taco Soup Frios into a dip is an exciting way to serve it at parties or as an appetizer. Here's how:

- Reduce the amount of broth to make the soup thicker.
- Serve it in a bowl with tortilla chips, crackers, or even breadsticks for dipping.
- Garnish with extra shredded cheese and jalapeño slices for a vibrant presentation.

This variation is sure to be a crowd-pleaser at gatherings!

Cowboy Taco Soup: Adding a Western Flair to Your Meal

Cowboy Taco Soup adds a hearty, rustic element to the dish by incorporating more protein and a smoky flavor. Here's how you can make it:

- Use ground beef and diced smoked sausage for a meatier soup.
- Add a splash of barbecue sauce to the broth for a tangy kick.
- Include kidney beans and diced potatoes for a filling and robust meal.

This variation is ideal for those who want a hearty, protein-packed meal with a hint of smoky goodness.



Southwest Taco Soup: A Zesty and Flavorful Option

The Southwest version of Taco Soup Frios emphasizes bold, zesty flavors. Key additions include:

- Adding green chilies and fresh lime juice to brighten the flavor.
- Using Southwest-style taco seasoning for a more intense spice blend.
- Topping the soup with fresh pico de gallo and crushed tortilla strips for a textural contrast.

This variation brings a vibrant and refreshing twist to the classic dish.

Tips and Tricks for Perfect Taco Soup Frios Every Time

To ensure your Taco Soup Frios turns out perfect every time, keep these tips in mind:

1. **Customize the Spice Level**

- Adjust the amount of taco seasoning and chili to suit your preference. Add a splash of hot sauce for extra heat.

2. **Thicken the Soup**

- If you prefer a thicker consistency, mash some of the beans before adding them to the pot.

3. **Use High-Quality Ingredients**

- Fresh produce and good-quality meat can make a significant difference in flavor.

4. **Prep Ahead**

- Taco Soup Frios tastes even better the next day. Make it ahead and refrigerate overnight for enhanced flavor.

5. **Experiment with Toppings**

- From avocado slices to pickled jalapeños, the right toppings can elevate the dish to new heights.

Conclusion

Taco Soup Frios is a versatile and delicious dish that's easy to make and perfect for any occasion. Whether you stick to the classic recipe, explore variations like Cowboy Taco Soup or Southwest Taco Soup, or get creative with Taco Soup Dip, this dish is sure to become a favorite in your household. With the tips and ideas shared here, you'll be well on your way to mastering this flavorful and comforting meal.



FAQs About Taco Soup Frios Recipe

1. What is Taco Soup Frios?

Taco Soup Frios is a variation of traditional taco soup that incorporates creamy ingredients, such as sour cream or cream cheese, to balance the spiciness and add richness to the dish.

2. Can I use ground turkey instead of ground beef?

Yes, ground turkey is an excellent alternative to ground beef. It's leaner and provides a lighter option without compromising the flavor.

3. How can I make Taco Soup Frios spicier?

You can make it spicier by adding extra chili powder, diced jalapeños, or a splash of your favorite hot sauce.

4. Can Taco Soup Frios be made vegetarian?

Absolutely! Replace the ground beef with plant-based crumbles, and use vegetable broth instead of beef or chicken broth. You can also add extra beans, like black beans or kidney beans, for added protein.

5. How do I store leftovers?

Let the soup cool completely and store it in an airtight container in the refrigerator for up to 3 days. For longer storage, freeze it for up to 3 months.

6. What toppings pair best with Taco Soup Frios?

Popular toppings include shredded cheese, avocado slices, diced onions, chopped cilantro, sour cream, and crushed tortilla chips.

7. Can I make Taco Soup Frios in a slow cooker?

Yes! Combine all ingredients (except the cream cheese or sour cream) in a slow cooker. Cook on low for 6-8 hours or high for 3-4 hours, then stir in the creamy ingredient in the last 30 minutes.



8. What side dishes go well with Taco Soup Frios?

Cornbread, tortilla chips, or a simple green salad pair wonderfully with Taco Soup Frios.

9. Is Taco Soup Frios healthy?

The dish can be made healthier by using lean proteins, low-sodium broth, and reduced-fat sour cream or cream cheese. You can also add more vegetables for extra nutrients.

10. Can I make Taco Soup Frios ahead of time?

Yes, Taco Soup Frios tastes even better the next day as the flavors meld together. Prepare it ahead, store it in the fridge, and reheat it when ready to serve.