Creamy Keto Taco Soup with Ground Beef

Jacob · 30/09/2024



Prep Time

30 mins

Dificult

Medium

Servings

8

Description

This keto taco soup is lowcarb and full of ground beef cream cheese heavy cream and spices Freezing is not recommended

Ingredients

— - 1 pound ground beef - ½ cup chopped onion - 2 cloves garlic

— minced - 1 tablespoon ground cumin - 1 teaspoon chili powder - 1 (8 ounce) package cream cheese

— softened - 2 (14.5 ounce) cans beef broth - 2 (10 ounce) cans diced tomatoes and green chiles (such as RO*TEL) - ½ cup heavy cream - 2 teaspoons salt

— or to taste

Instructions

1. Gather all ingredients. Dotdash Meredith Food Studios Combine ground beef with onion and garlic in a large soup pot over medium-high heat. Cook and stir until beef is browned and crumbly
2. 5 to 7 minutes. Dotdash Meredith Food Studios Drain and discard grease. Add cumin and chili powder; cook 2 minutes more. Dotdash Meredith Food Studios Drop cream cheese into the pot by bits and mash it into the beef with a big spoon until no white spots remain
3. 3 to 5 minutes. Dotdash Meredith Food Studios Dotdash Meredith Food Studios Stir in broth
4. diced tomatoes and green chiles
5. heavy cream
6. and salt. Cook until heated through
7. about 10 minutes more. Dotdash Meredith Food Studios