



# Keto Taco Soup

When the cold weather blows in, the soup recipes make it into our Keto Kitchen! Keto and low carb soups are usually creamy, have tons of flavor, and are a huge hit in our house! This Taco Soup works great on the stovetop or in your crockpot/slow cooker.

## Recipe:

- 1 Lb Ground Beef
- ½ Onion, Diced
- 2 tsp Garlic, Minced
- 2 tsp Cumin
- 1-2 tsp Chili Powder
- 8 oz Cream Cheese
- 1 Can Diced Tomatoes
- 1 Cup Beef Broth
- 1 Cup Heavy Whipping Cream



Brown Beef, Onion and Garlic. Add in Cumin and Chili Powder. Saute for 3-5 min.

Add Beef plus Cream Cheese, Diced Tomatoes, Broth and Heavy Whipping Cream to crock pot. Stir until Cream Cheese is melted.

The longer you cook it, the more flavors will come out! We left it on low for about 2 hours.

## The Keto Dad Tips and Tricks:

- Reduce the carbs by reducing the tomatoes!
- Top it with your favorites - we used cheddar cheese, cilantro and sour cream!

Serving size: 6

Calories: 474, Fat: 40g, Carbs: 7g, Fiber: 1g, (Net Carbs 6) Protein: 19g

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