

## Creamy Taco Soup



### Ingredients

- 1 lb ground beef or turkey or chicken
- 1 tbsp oil of choice
- 1 small onion diced
- 2-3 cloves garlic minced
- 1 small green bell pepper diced (optional)
- 1 10 oz can Rotel tomatoes or 1 large tomato, chopped
- 1 8 oz pkg cream cheese OR 1 cup heavy cream
- 2 tablespoons [taco seasoning](#) homemade or 1 packet
- Salt and pepper to taste
- 1 14.5 oz can beef broth 1.5 cups

## Instructions

1. Add 1 tablespoon oil to a pot or large pot or dutch oven, brown beef, onion, and garlic over medium-high heat for 7-8 minutes or until the ground beef is browned through.
2. Add the bell pepper, Rotel diced tomatoes, cream cheese, and spices. Stir for 4-5 minutes or until tomatoes are soft and tender and cream cheese is mixed through.
3. Pour in beef broth and reduce heat to low-medium. Simmer 15-20 minutes or until desired thickness is achieved.
4. Serve in small soup bowls. Top with freshly sliced avocado, sour cream, shredded cheese, freshly minced cilantro, jalapeno, and a drizzle of lime.

# **Low Carb Vegetable Soup**

## **INGREDIENTS**

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- 2 tbsp. olive oil
- 1 large Onion (diced)
- 2 large Bell peppers (diced, the same size as onions)
- 4 cloves Garlic (minced)
- 1 medium head Cauliflower (cut into 1-inch florets)
- 2 cups Green beans (trimmed, cut into 1-inch pieces)
- 2 14.5-oz cans diced tomatoes
- 8 cups chicken broth (or vegetable broth for vegetarian/vegan)
- 1 tbsp. Italian seasoning
- 2 dried bay leaves (optional)
- Sea salt (optional, to taste)
- Black pepper (optional, to taste)

## **INSTRUCTIONS**

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1. Heat olive oil in a pot or dutch oven over medium heat.
2. Add the onions and bell peppers. Saute for 7 to 10 minutes, until onions are translucent and browned.
3. Add the minced garlic. Saute for about a minute, until fragrant.
4. Add the cauliflower, green beans, diced tomatoes, broth, and Italian seasoning. Adjust sea salt and black pepper to taste. Add the bay leaves, if using.
5. Bring the soup to a boil. Cover, reduce heat to medium low, and cook for about 10 to 20 minutes, until veggies are soft.

# **Low Carb Zuppa Toscana Soup**

## **Ingredients**

- 1 lb mild Italian Sausage
- 4 slices thick-cut bacon
- 32 oz Beef bone broth (or beef broth)
- 1 small onion, diced
- 3 cloves fresh garlic, minced
- 1 head fresh cauliflower, diced
- 1/2 cup heavy whipping cream
- 2 cups fresh spinach (5 oz package), or kale
- salt and pepper, optional
- crushed red pepper flakes, optional
- shredded parmesan cheese for garnish, optional

## **Instructions**

1. Using a large soup pot, brown your sausage and bacon together. Cut your bacon into bite sized pieces to make it easier to cook.
2. Once your meat is cooked, add in beef bone broth, onions, garlic, and cauliflower. Cover and cook on medium heat for about 15 minutes, until the cauliflower is tender.
3. Once the cauliflower is softened, add in heavy cream and spinach (or kale). Cook for about 5 minutes, until spinach (or kale) is soft.
4. Serve with a sprinkle of parmesan cheese and a pinch of salt, pepper, and/or crushed red pepper flakes. ENJOY!

# **Keto Chicken Soup**

## **INGREDIENTS**

- 2 tablespoons avocado oil
- 2 stalks celery, chopped
- 1/4 cup chopped onion
- salt and pepper, to taste
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme leaves
- 1/2 teaspoon paprika
- 4 cups chicken broth
- 1 pound boneless, skinless chicken thighs, cubed
- 8 ounces riced cauliflower (about 2 cups)

## **INSTRUCTIONS**

1. Heat the oil in a large saucepan over medium heat. Add the celery and onions and season with salt and pepper. Cook, stirring frequently, until the vegetables are tender, about 5 minutes.
2. Add the garlic, thyme, and paprika and cook until fragrant, about another minute. Stir in the broth and bring to a boil.
3. Add the chicken and riced cauliflower and reduce the heat to a simmer. Cook until the chicken is cooked through and the cauliflower is tender, about 12 minutes. Adjust the salt and pepper to taste.

# **Slow Cooker Taco Soup**

## **Ingredients**

- 1 pound chicken breasts
- 1/2 cup diced onion
- 4 cloves garlic, minced
- 1 tablespoon chipotles in adobo sauce, minced
- 1 tablespoon cumin
- ½ teaspoon chili powder
- ½ teaspoon paprika
- ½ teaspoon salt
- 2 tablespoons lemon juice
- 1 tablespoon lime juice
- 2 cups chicken broth
- 8 ounces cream cheese
- ½ cup chopped cilantro

## **Instructions**

1. Add the chicken, onion, garlic, chipotles, cumin, chili powder, paprika, salt, lemon juice, lime juice, and chicken broth to a low cooker.
2. Cover and cook on low for 4 hours.
3. Remove chicken from pot and shred with two forks.
4. Add the cream cheese to the slow cooker and whisk constantly until the cream cheese is fully melted and incorporated.

5. Return chicken to the slow cooker and add the cilantro. Stir well to combine.
6. Serve immediately.

## **Roasted Tomato & Garlic Soup**



### **Ingredients:**

- 1 lb fresh tomatoes, cored
- 4 cloves garlic, peeled
- 2 tablespoons olive oil

- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 4 cups chicken broth
- 2 tablespoons olive oil
- 1/8th teaspoon ground nutmeg
- 1/4 teaspoon anchovy paste
- 2 bay leaves
- 1 teaspoon apple cider vinegar
- Salt and pepper to taste

## **Instructions**

1. Preheat the oven to 400 degrees.
2. Place the cored tomatoes and peeled garlic on a cookie sheet.
3. Drizzle with 2 tablespoons of olive oil, salt and pepper.
4. Roast for 30 minutes.
5. Remove and transfer vegetables and any pan juices to a blender.
6. Add 2 cups of chicken stock and blend until smooth.
7. Pour through a strainer (to remove seeds and skin pieces) into a large saucepan.
8. Add the remaining 2 cups of chicken stock, 2 tablespoons olive oil, nutmeg, anchovy paste and bay leaves.
9. Simmer over medium heat for 10 minutes.
10. Remove the bay leaves.
11. Add apple cider vinegar.
12. Stir and taste, season with additional salt and pepper as desired.



## **4-Ingredient Avocado Chipotle Soup**

### **Ingredients:**

- 2 large ripe Hass avocados
- 3 cups chicken stock or vegetable broth
- 1 cup full-fat sour cream
- 1/2-1 teaspoon (or to taste) chipotle
- Unrefined sea salt OR Himalayan salt, to taste

### **Directions**

1. Halve the avocados. Remove the pits and discard them. Place the flesh into a blender.
2. Blend the avocado until smooth. Add some stock to help the blending process, if necessary.
3. In a large saucepan, bring the rest of the stock to a boil, then remove from the heat.
4. Add the avocado mash, sour cream, and chipotle. Mix well with a spoon until smooth. If there are lumps, use an immersion blender or regular blender to blend the soup until very smooth.
5. Heat again until hot, but don't let it boil (this is very important! If the mixture boils, it might separate).
6. Season with salt if desired.
7. Divide the soup into soup bowls.
8. Serve with lemon or lime wedges and chopped fresh herbs (like parsley or cilantro) if desired.

## Hearty Ham & Green Bean Soup



### Ingredients

- 1 quart ham broth
- 1 quart chicken broth
- 2 cups water
- 2 tablespoons bacon drippings
- 2 cloves garlic (chopped)
- 3 ounces onion (chopped)
- 1 pound green beans cut into 1 inch pieces
- 1 pound red potatoes (cubed)

- 1 pound ham (cubed)
- 1/2 teaspoon garlic powder
- 1 teaspoon sea salt
- 1/2 teaspoon liquid smoke flavoring
- salt and pepper to taste

## **Instructions**

1. Chop the onion and garlic. Put the bacon drippings or oil in a large soup pot and heat on medium heat. Saute the onions and garlic in the oil until they are translucent. While the onions are cooking, chop the potatoes into bite sized pieces. If you aren't using left over green beans, then cut the green beans, too.
2. Pour the ham and chicken broths into the pot with the water and bring up to a low boil. Skim any foam that forms at the top of the soup. Add green beans and cook for a few minutes. Then add the potatoes, salt, liquid smoke flavoring and garlic powder. Simmer gently until the potatoes are cooked though. Add the ham and heat through. Adjust the seasonings and serve.

## Creamy Keto Pumpkin Sausage Chowder



### Ingredients:

- 1 pound ground pork sausage
- 4 cups chicken broth
- 1 1/4 cup solid pack pumpkin puree
- 3 cups water
- 1/4 cup dry sherry
- 1 teaspoon kosher salt
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 3 cups cauliflower rice
- 1 tablespoon minced fresh sage
- 8 ounces mascarpone or provolone cheese

## **Instructions:**

1. Brown the sausage in a large saucepan, stirring to break it up into small pieces.
2. Add the chicken broth, pumpkin puree, water, sherry, salt, nutmeg, pepper, garlic, onion, and cauliflower. Simmer 20 minutes.
3. Add the mascarpone cheese and sage. Cook over medium low heat, stirring occasionally, for five minutes or until the cheese has melted into the broth and is creamy and smooth. Do not boil.
4. Serve hot.
5. Store leftovers in an airtight container in the refrigerator for up to 5 days.

## Easy Tomato Basil Soup



### Ingredients:

- 1 can (28 ounces) whole plum tomatoes
- 2 cups filtered water
- 1.5 teaspoons coarse kosher salt
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1 tablespoon butter
- 8 ounces shredded mozzarella cheese
- 1 teaspoon apple cider vinegar
- 1/4 teaspoon dried basil leaves

- 1/4 cup prepared basil pesto, plus more for garnish if desired

## ***Instructions***

1. Combine the canned tomatoes, water, salt, onion powder and garlic powder in a medium saucepan.
2. Bring to a boil over medium-high heat and then simmer for 2 minutes.
3. Remove from the heat and puree with an immersion blender until smooth (or transfer to a traditional blender and blend, then return blended soup to the pan.)
4. Return to the stove and add the butter and cheese to the soup.
5. Stir over low heat until melted and creamy – about 2 minutes.
6. Remove from the heat and stir in the apple cider vinegar, dried basil, and pesto.
7. Serve warm.



## Green Chicken Enchilada Soup



### **Ingredients:**

- 1/2 cup salsa verde
- 4 oz cream cheese, softened
- 1 cup sharp cheddar cheese, shredded
- 2 cups bone broth or chicken stock
- 2 cups cooked chicken, shredded

### *Instructions*

1. Combine the salsa, cream cheese, cheddar cheese and chicken stock in a blender and blend until smooth. (You can also use an immersion blender right in your saucepan for this step.)



2. Pour into a medium saucepan and cook on medium until hot – don't bring to a boil. Alternatively, you can heat this in a microwave safe bowl in 1 minute increments until hot, stirring in between each minute.

3. Add the shredded chicken and cook an additional 3 – 5 minutes until heated through.

4. Garnish with additional shredded cheddar and chopped cilantro if desired.

# Quick Mexican Chicken Soup

## **Ingredients**

- 1 Tbsp. oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, chopped
- 1 tsp cumin
- 1 tsp. chili powder
- 1 tsp. oregano
- 2 cups chicken broth (one can)
- 14.5 oz. diced tomatoes
- 4 oz. diced green chiles
- 2 cups cooked chicken (shredded or diced)
- ½ cup heavy whipping cream
- 4 oz. cream cheese
- 1 1/2 cup cheddar cheese

## **Instructions**

1. Heat oil in a pot over medium heat. Add onion, garlic, and red pepper, and saute until onion is translucent (approximately 5 minutes).
2. Add spices. Stir and cook spices for about 1 minute.
3. Add broth, tomatoes, and chiles. Bring to a boil, then reduce heat and simmer 5 minutes.
4. Add remaining ingredients and heat until cream cheese has melted.

## Cream of Celery Soup



### **INGREDIENTS:**

- 3 tablespoons butter, divided into 2 Tbsp and 1 Tbsp
- 1 cup chopped onion
- 1 1/2 cups sliced leeks, white and light green parts only
- 5 cups of chopped celery, and 1 1/2 cups of diced celery
- 2 cloves garlic, minced
- 2 bay leaves
- 4 cups chicken stock
- 1/2 teaspoon to 1 1/2 teaspoons of salt, to taste
- 1/4 to 1/3 cup of cream
- Freshly ground black pepper to taste
- Fresh chopped chives or parsley for garnish

## **Instructions:**

1. Sauté onions, leeks, 5 cups chopped celery: Melt 2 tablespoons butter in a thick-bottomed 4 to 5 quart pot on medium heat. Add the diced onion, the leeks, and 5 cups of the chopped celery.

Cook on medium heat for 10 minutes until softened. Add the minced garlic and cook for a minute more.

2 Add stock, bay leaves, salt, then simmer: Add the chicken stock and bay leaves to the pot. Taste for salt and add salt. (If you are using unsalted butter and unsalted stock, you will need to add more salt than you expect, if not, maybe just a little salt will be needed.)

Increase heat to bring to a boil, reduce heat to low and cover to maintain a simmer. Simmer for 15 minutes.

3. Braise remaining celery to soften: While the soup is simmering, prepare the extra celery that will be added later to the soup. In a separate small sauté pan, melt 1 tablespoon of butter on medium heat. Add 1 1/2 cups diced celery to the butter.

Ladle 1/2 cup of the simmering stock from the soup pot into the sauté pan. Simmer on low for 5 or 6 minutes to soften the celery. Set aside.

4. Purée soup: Remove the soup pot from heat, let cool slightly. Remove and discard the bay leaves. Working in batches, purée the soup in a blender, filling the blender no more than a third full at a time (keep your hand on the lid so the hot liquid doesn't explode). Return the puréed soup to the pot.

5. Stir in the cream and the braised diced celery.

Taste for salt and add more if needed. Sprinkle with freshly ground black pepper and chopped chives or parsley to serve.

## **Cheesy Cauliflower Soup with Bacon & Green Chiles**

### **INGREDIENTS**

- 1 tbsp. olive oil
- 1 medium yellow onion, chopped small
- 1 large head cauliflower, leaves removed and coarsely chopped including the stem
- 3 cups chicken broth
- 1 tsp. garlic powder
- 1 tsp. kosher salt
- 1 cup grated extra sharp yellow cheddar
- 1 cup grated extra sharp white cheddar
- 1/2 cup heavy whipping cream
- 2/3 cup crumbled cooked bacon
- 4 oz. can diced green chiles with juice
- 1 T Green Tabasco Sauce (optional, use more or less to taste)

### **INSTRUCTIONS**

1. Heat the olive oil in the Instant Pot on SAUTE, high heat. Add the chopped onion and cook until the onion is soft and starting to brown, about 4-5 minutes.
2. While the onion cooks, coarsely chop the cauliflower, including the stems. Add chopped cauliflower, chicken stock, garlic

powder, and salt to the Instant Pot and set on MANUAL, HIGH PRESSURE for 5 minutes cooking time. When five minutes is up, use QUICK RELEASE method to release the pressure.

3. While the cauliflower cooks assemble the grated sharp yellow cheddar, grated sharp white cheddar, half and half, crumbled cooked bacon, canned green chiles, and green tabasco sauce.
4. When the pressure has released, use a blender to blend the soup right in the pot. (Or use a food processor or blender to puree the cauliflower, being very careful with the hot liquid.) We made it pretty smooth, since you're adding bacon and green chiles for some texture, but leave a few chunks if you prefer.
5. Turn the Instant Pot to Keep Warm (or use Saute, low heat if you think you'll need more time.) Add the grated sharp yellow cheddar, grated sharp white cheddar, and milk product of your choice, and stir until the cheese is melted.
6. Then add the crumbled cooked bacon, diced green chiles with juice, and Green Tabasco sauce (if using).
7. Serve hot, with more grated cheese and crumbled bacon to add at the table, plus other toppings as desired.

### ***STOVETOP DIRECTIONS:***

1. Heat olive oil in a medium-sized heavy soup pot and cook the onion until it's soft and just starting to brown.
2. Chop the cauliflower while the onion cooks.
3. Increase chicken broth to 3 1/2 cups for stovetop version. Add chopped cauliflower, chicken broth, garlic powder, and salt and turn the heat to medium-high and cook until mixture is barely starting to boil. Turn heat to medium-low and simmer until the

cauliflower is very tender when pierced with a fork, about 20-30 minutes.

4. Puree the cauliflower with an immersion blender or other utensil as described above. Check the amount of liquid and if the soup seems thin, simmer on low heat for a few minutes more until some of the extra liquid evaporates.
5. Add the grated cheese and milk product of your choice and stir over low heat until the cheese has melted.
6. Then add the crumbled bacon, diced green chiles, and Green Tabasco Sauce (if using) and stir to combine.
7. Serve hot, with more crumbled bacon and grated cheese to add at the table, plus other toppings as desired.



# Keto Bacon Cheeseburger Soup



## INGREDIENTS

- 4 cups beef stock
- 1 medium tomato, diced (or a 14.5 ounce can diced tomatoes)
- 1/3 cup chopped dill pickles
- 2 tablespoons Dijon Mustard
- 2 tablespoons Worcestershire sauce
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 teaspoon sea salt, more to taste
- 1/2 teaspoon black pepper
- 1 1/2 pounds ground beef
- 1 small onion, diced
- 4 cloves garlic, minced



- 1 1/2 cups shredded sharp cheddar cheese
- 1 cup heavy cream
- 8 slices bacon, cooked crisp and crumbled

## **INSTRUCTIONS**

### *SLOW COOKER INSTRUCTIONS:*

1. Heat the slow cooker on low setting.
2. To the slow cooker, add the beef stock, tomato, pickles, Dijon, Worcestershire sauce, parsley, sea salt, and black pepper.
3. In a large skillet, over medium-high heat, cook the ground beef, onions, and garlic until the ground beef is browned and cooked all the way through. Drain the excess grease and add to the slow cooker. Cover and cook for 6 hours.
4. Mix in cheddar cheese and heavy cream and cook 1 additional hour.
5. Add bacon just before serving.

### *STOVETOP INSTRUCTIONS:*

1. Heat a large dutch oven or stock pot over medium heat. Add the ground beef, onions, and garlic, and cook until the ground beef is browned and cooked through.
2. Add the beef stock, tomato, pickles, Dijon, Worcestershire sauce, parsley, sea salt, and black pepper. Bring to a boil, and then reduce the heat to medium-low and simmer for 30 minutes.
3. Mix in the cheddar cheese and heavy cream, reduce the heat to low, cover and stirring occasionally, simmer for 30 minutes.
4. Add bacon just before serving.