

TACO SOUP

This really is an easy (and surprising) soup. Most low-carb taco soups contain cheese or cream cheese, beans and other ingredients not included in clean eating. Don't let the ranch dressing throw you! It makes the soup creamy, and the spices lend a great flavor. I have tried this soup with Primal Kitchen Ranch Dressing, but have not cared for the outcome, so stick to the quick and easy Genesis Ranch Dressing recipe (delicious!) This soup makes four 2-cup servings. One serving covers your protein, vegetable and fat for one meal.



INGREDIENTS

Avocado oil

1-lb. grass-fed ground beef

1/2 small onion, diced

3/4 cup orange or red pepper, diced

3 Tbsp Genesis taco seasoning* (2 Tbsp & 1 Tbsp separated)

4 cups beef bone broth (or plain broth)

1 14.5 can diced tomatoes

1 can Rotel tomatoes/chiles (original spicy or mild)

3/4 cup Ranch dressing (Genesis recipe)**

INSTRUCTIONS

Heat a large pan over medium-high heat. Add a small amount of avocado oil to the bottom of the pan and then add the ground beef.

Brown well on one side, then turn it over to brown evenly, breaking the beef into smaller pieces. Add the onion and orange/red pepper and cook about 5-6 minutes or until the veggies are tender.

Add 2 Tbsp of taco seasoning and 3/4 cup of beef broth. Simmer until most of the liquid is absorbed, about 3-4 minutes. Then add the remaining broth, both cans of tomatoes (with liquid) and remaining 1 Tbsp of taco seasoning. Mix well and simmer for 8-10 minutes.

Remove soup from heat and **wait 2-5 minutes** – then stir in the ranch dressing. If you don't wait, it will curdle.

Can garnish with diced avocado and/or cilantro. In maintenance, add organic or raw shredded cheddar or Monterey Jack cheese as a topping; or add 4-oz of diced cream cheese to melt into the soup for added creaminess. Once again, the soup needs to sit first.

* TACO SEASONING

2 tsp. chili powder
1-1.2 tsp. ground cumin
1/2 tsp. paprika
1/2 tsp. crushed red pepper
1/2 tsp. Pink Himalayan salt
1/4 tsp. garlic powder
1/4 tsp. onion powder
1/4 tsp. dried oregano
1/4 tsp. black pepper

Measure all the ingredients into a small bowl and mix well. Use as you would one standard packet of taco seasoning.

** RANCH DRESSING

1/2 cup coconut cream
1/2 cup mayonnaise (Genesis recipe, Primal Kitchen or Hellman's organic)
1 tsp fresh lemon juice
1/2 tsp onion powder
1/4 tsp garlic powder
1-1/2 tsp dried chives (or 4 tsp fresh, chopped)
Pink Himalayan salt & freshly-ground pepper, to taste

Mix all the ingredients together in a small bowl.