



Taco Soup

Ingredients

1. 2 lbs ground beef or impossible meat
2. 4 oz fat free cream cheese
3. 1 cup low fat plain greek yogurt
4. 2, 10 oz cans of Rotel
5. 1 Tablespoon of taco seasoning
6. 4 cups low sodium chicken broth.
7. 1-2 tablespoons of Cilantro, fresh or dried
8. 1/2 cup shredded low fat cheese for garnish

Serves: 6 people

Instructions

1. Brown ground or impossible meat in skillet until fully cooked.
2. Drain grease off of meat and add cooked meat, cream cheese, Rotel, taco seasoning and yogurt into crock pot
3. Add chicken broth to crock pot.
4. Ensure all ingredients are well mixed by stirring.
5. Cook on high for 2 hours or low for 4 hours.
6. When serving add Cilantro, then sprinkle shredded cheese on top.

Prep Time: 2-4 hours