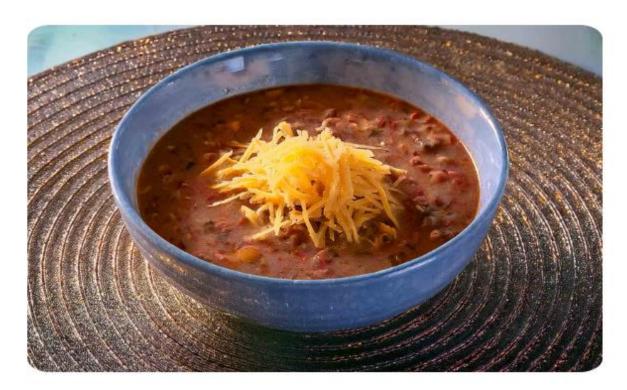
## foodwonks



## 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
- 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

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

Prep Time: 2-4 hours