

Creamy Taco Soup

This recipe makes about 7 cups



Ingredients

1 lb ground beef
1 small onion, diced
2 cloves garlic, minced
2 tbsp taco seasoning
1 -8 oz package of cream cheese, softened
2 cups beef broth
1- 10 oz can diced tomatoes with green chilies, undrained
1/2 cup whole milk
salt & pepper, to taste

Directions:

1. In a large pot or Dutch oven over medium heat, add the ground beef, diced onion, and minced garlic. Cook until the beef is browned and the onion is translucent, about 5-7 minutes.
2. Drain and rinse any excess fat from the beef
3. Stir in the taco seasoning and cook for another minute
4. Reduce the heat to medium-low. Add the softened cream cheese to the pot, breaking it up with a spoon. Stir continuously until the cream cheese is fully melted and incorporated.
5. Pour in the beef broth, diced tomatoes with green chilies (including the liquid), and whole milk.
6. Stir well to combine and bring the soup to a gentle simmer. Let it cook for about 15 minutes, stirring occasionally.
7. Add salt and pepper as needed
8. Add parchment paper to your trays
9. Ladle the soup onto trays
10. Add dividers if using for easy portioning. We like the 10-portion setting
11. Pre Freeze when possible
12. Freeze dry (my cycle time was 35 hours)
13. Store in jars for short-term use or in mylar bags for long-term storage

Rehydration:

Add 2 divider portions or about 1 ½ cups of freeze-dried soup to a bowl with 1 cup of hot water. Cover and let it sit for 3-4 minutes. Stir and enjoy

Notes:

Add a chopped jalapeño or a little cayenne pepper when cooking the onions and garlic for a spicier soup.

Nutritional Value Per 1 ½ cups pre-freeze-dried

Calories: 288 Protein: 13 g Fat: 24 g Carbohydrates: 5 g Sugar: 1 g Fiber: 1 g