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Description

Craving bold Tex-Mex flavors without the heavy carbs? This Cheesy Keto Taco Soup combines savory seasoned ground beef, zesty diced tomatoes with green chilies, and a rich, velvety broth melted together with sharp cheddar and cream cheese. Every spoonful delivers a thick, comforting texture packed with smoky spices, making it an effortless, high-protein, low-carb dinner that tastes like a treat while keeping your nutrition goals right on track.

Can This Cheesy Keto Taco Soup Support Weight Loss Goals?

Yes, this recipe can be a great addition to a weight-loss-focused routine because of its high protein and healthy fat content. Protein is the most satiating macronutrient, meaning it helps keep you full longer and reduces the urge to snack between meals, while keeping net carbs low prevents sudden blood sugar spikes and crashes that often trigger cravings. By replacing traditional high-calorie taco shells, beans, and corn with nutrient-dense broth and cheese, you get a deeply satisfying, portion-controlled meal that supports a sustainable calorie deficit.

Does Cheesy Keto Taco Soup Fit a High-Protein Lifestyle?

This Cheesy Keto Taco Soup fits seamlessly into a high-protein lifestyle, delivering roughly 32 grams of protein per bowl while keeping net carbs around 5 grams. By centering the dish on lean ground beef, bone broth, full-fat cream cheese, and sharp cheddar, it provides complete amino acids to support muscle maintenance and recovery. Avoiding high-starch fillers like beans and corn ensures every calorie works toward your protein and low-carb macros without sacrificing rich, comforting flavor.

My Personal Experience

- The Cream Cheese Trick: I learned early on that adding cold cream cheese straight into boiling broth leaves tiny white specks instead of a smooth base. Letting the cream cheese soften on the counter while browning the beef ensures it melts into a glossy, restaurant-quality soup.

- Spice Customization: When I first made this, store-bought taco seasoning added unnecessary hidden starches and sugars to the carb count. Mixing my own chili powder, cumin, and smoked paprika gave me total control over the heat level and kept the net carbs ultra-low.

- Better the Next Day: After storing leftovers overnight in the fridge, I noticed the flavors melded together even more deeply and the broth thickened nicely. It quickly became my favorite Sunday meal-prep dish for busy weeknight lunches.

Perfect For:

- High-Protein, Low-Carb Dinners: Delivers a hearty, macro-friendly main course that satisfies comfort food cravings in under 30 minutes.

- Keto Diet Plans: Keeps net carbs minimal while providing healthy fats and savory flavor to support ketosis.

- Weekly Meal Prep: Portions easily into single-serving containers for quick, protein-packed lunches throughout the week.

- Chilly Weeknights & Game Days: Offers a warm, crowd-pleasing bowl that feels indulgent enough for casual gatherings.

Why You'll Love This Recipe:

- One-Pot Convenience: Everything cooks in a single Dutch oven or soup pot from browning the meat to melting the cheese. You get a rich, layered meal with minimal cleanup afterward.

- Velvety, Ultra-Rich Texture: Combining softened cream cheese with freshly shredded cheddar creates a thick, creamy broth without needing flour or cornstarch. Every bite coats the spoon with bold taco flavor.

- Customizable Toppings: You can easily tailor each bowl with sliced avocado, jalapeños, sour cream, or crushed pork rinds. It keeps leftovers exciting and adapts to different macro needs.

Common Mistakes to Avoid:

1. Using Pre-Shredded Bagged Cheese: Packaged shredded cheese is coated in anti-caking starches like potato starch or cellulose, which add hidden carbs and prevent smooth melting, leaving your soup grainy.

2. Boiling After Adding the Cheese: High heat causes dairy proteins to separate and curdle; always reduce the heat to low before stirring in the cream cheese and cheddar.

3. Not Draining Excess Beef Grease: Leaving too much rendered fat in the pot can cause an oily layer to float on top of the creamy broth rather than emulsifying smoothly.

4. Using Regular Taco Seasoning Packets: Many commercial packets contain cornstarch, maltodextrin, and added sugars that quickly eat into your daily carb allowance.

Required Equipment:

- Large Dutch Oven or Heavy-Bottomed Soup Pot — distributes heat evenly so the cheese melts smoothly without scorching on the bottom.
- Wooden Spoon or Heat-Resistant Spatula — breaks up the ground beef into fine crumbles and scrapes up flavorful browned bits.
- Box Grater — lets you freshly shred block cheddar for a silky melt without starchy anti-caking additives.
- Fine-Mesh Strainer or Colander — drains excess grease from the browned beef so the finished broth stays velvety rather than oily.

Storage Instructions:

- Refrigerator: Allow the soup to cool completely to room temperature before transferring it into airtight glass or BPA-free plastic containers. It stays fresh in the refrigerator for up to 4 days, retaining its high-protein quality and creamy consistency.
- Freezer: Portion cooled soup into freezer-safe containers or heavy-duty zip-top bags (leaving 1 inch of headspace for expansion) and freeze for up to 2 months. Thaw overnight in the refrigerator before reheating gently on the stovetop.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 20 minutes
- Total Time: 30 minutes
- Servings: 4 servings
- Best Season for This Recipe: All-season (especially cozy in fall and winter, yet quick

enough for summer)

- Total Calories (Per Serving): ~445 kcal *(approximate estimate)*

Short Recipe Description

This rich, one-pot Cheesy Keto Taco Soup brings together seasoned ground beef, zesty green chilies, and a velvety cheddar-cream cheese broth in just 30 minutes. Packed with 32 grams of protein and only 5 grams of net carbs per bowl, it delivers bold Tex-Mex comfort without any starchy fillers.

 Ingredients:

- 1 ½ lbs (680g) lean ground beef *(85/15 or 90/10 blend works best for high protein without excess grease)*
- 1 tablespoon olive oil or avocado oil *(if using very lean beef)*
- ½ medium yellow onion, finely diced *(about ½ cup)*
- 3 cloves garlic, minced
- 1 tablespoon chili powder
- 1 ½ teaspoons ground cumin
- 1 teaspoon smoked paprika
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- ½ teaspoon dried oregano

- ¾ teaspoon kosher salt *(adjust to taste depending on broth sodium)*
- ½ teaspoon freshly ground black pepper
- 1 can (10 oz / 283g) diced tomatoes with green chilies (such as Ro-Tel), undrained
- 2 cups (480ml) beef bone broth *(adds extra protein and depth over regular broth)*
- 4 oz (115g) full-fat cream cheese, cubed and softened to room temperature *(crucial for smooth melting)*
- 1 ½ cups (170g) sharp cheddar cheese, freshly shredded from a block
- Optional Toppings: Sliced jalapeños, diced avocado, sour cream, chopped fresh cilantro, or crushed pork rinds.

Directions:

1. Brown the Ground Beef: Heat a large Dutch oven or heavy-bottomed pot over medium-high heat (add the oil if using 90/10 beef). Add the ground beef and diced onion, breaking the meat apart with a wooden spoon. Cook for 6–8 minutes until the beef is fully browned with no pink remaining and the onions turn translucent. Drain excess fat through a strainer and return the meat mixture to the pot.

2. Bloom the Aromatics and Spices: Lower the heat to medium. Stir in the minced garlic, chili powder, cumin, smoked paprika, onion powder, garlic powder, oregano, salt, and black pepper. Cook for 1 minute, stirring constantly, until the spices are deeply fragrant and coat the beef evenly. *(High-protein tip: Blooming spices in the remaining meat juices maximizes flavor without adding extra fats or carbs.)*

3. Simmer the Broth Base: Pour in the undrained diced tomatoes with green chilies and the beef bone broth, scraping the bottom of the pot to release any browned bits. Bring the mixture to a gentle boil, then reduce the heat to medium-low and simmer uncovered for 8 minutes until slightly reduced and flavorful.

4. Melt in the Cheeses: Turn the heat down to low. Add the softened cream cheese cubes a

few at a time, whisking or stirring steadily for 2–3 minutes until completely dissolved and the broth turns creamy and pale orange. Gradually stir in the freshly shredded cheddar cheese in small handfuls until melted, smooth, and glossy.

5. Serve: Remove from heat immediately once the cheese is melted so the dairy stays velvety. Ladle into bowls and top with fresh cilantro, jalapeños, or diced avocado.

Nutrition Facts (Per Serving – Approximate):

- Calories: 445 kcal
- Fats: 31g
- Cholesterol: 125mg
- Sodium: 890mg
- Potassium: 560mg
- Total Carbohydrates: 6g
- Fiber: 1g
- Net Carbs: 5g
- Sugars: 3g
- Protein: 32g
- Calcium: 295mg

Notes:

- Storage Tips: Store cooled leftovers in airtight glass containers in the fridge for up to 4

days, or freeze in individual portions for up to 2 months.

- Reheating Instructions: Reheat gently on the stovetop over low heat, stirring occasionally and adding a splash of beef broth if the soup has thickened too much. If microwaving, heat in 45-second bursts at 70% power, stirring between intervals to prevent the cheese from separating.

- Allergy Notes: Contains milk/dairy (cream cheese and cheddar); for a dairy-free variation, substitute full-fat coconut cream and dairy-free cheddar shreds, though protein will be slightly lower.

- Flavor Boosts: Stir in ¼ teaspoon cayenne pepper for extra heat, add a squeeze of fresh lime juice right before serving to brighten the richness, or swap half the ground beef for spicy chorizo for deeper smoky flavor.