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Description

Step into a bowl of ultimate comfort with this hearty, slow-cooked Crockpot Cowboy Soup! Packed with tender ground beef, savory spices, smoky diced tomatoes, and rich beef broth, this recipe delivers big, satisfying western flavors with minimal effort. It is warm, comforting, and designed to fit right into your busy schedule while keeping your nutrition goals on track.

Naturally low-carb and high in protein, this wholesome meal satisfies hearty appetites without weighing you down. Whether you are following a keto diet plan or simply looking for easy high-protein dinner recipes, this soup combines rich textures and comforting tastes into one delicious, crowd-pleasing pot.

Can This Crockpot Cowboy Soup Support Weight Loss Goals?

Yes, this recipe can be a great addition to weight loss goals. Packed with lean beef and nutrient-dense broth, it provides a solid dose of protein that helps promote satiety and keeps you feeling full for longer periods. By omitting high-carbohydrate fillers like heavy starches or

added sugars, it keeps caloric density manageable while delivering maximum flavor and high volume.

Does Crockpot Cowboy Soup Fit a High-Protein Lifestyle?

Absolutely, this dish is ideally suited for a high-protein, low-carb lifestyle. Packed with lean ground beef and rich bone broth, each hearty bowl provides an impressive protein punch with minimal net carbs per serving. By utilizing fiber-rich vegetables like diced bell peppers and tomatoes, it maintains a low net carb count while offering substantial nutritional quality. It's a prime option for meal preppers looking to hit daily macronutrient targets effortlessly.

My Personal Experience

- Set-It-and-Forget-It Simplicity:

Dumping all the fresh ingredients into the slow cooker in the morning made dinner effortless after a busy workday. The aroma filling the house throughout the day made it even better.

- Meal Prep Hero:

The beef held its texture remarkably well over several days of reheating, making it ideal for high-protein weekday lunches. It tasted even richer on day two as the flavors melted together.

- Family-Approved Comfort:

Even non-low-carb family members loved the deep, smoky chili spices and savory broth, requesting it regularly on cold evenings. Customizing individual bowls with sharp cheddar and sliced jalapeños was a big hit.

Perfect For:

- High-Protein Meal Prep Dinners: Keeps you satisfied throughout the week with balanced macronutrients.

- **Low-Carb & Keto Diet Plans:** Fits seamlessly into carbohydrate-restricted eating styles without sacrificing flavor.
- **Cold Weather Comfort:** Ideal for cozy fall or winter family meals that require minimal kitchen cleanup.
- **Post-Workout Recovery:** Provides substantial lean protein and essential electrolytes to support muscle repair.

Why You'll Love This Recipe:

- **Minimal Effort Preparation:**

Simply brown your lean beef, add everything to your slow cooker, and let the appliance do all the heavy lifting. You get a rich, slow-simmered meal with under 15 minutes of hands-on prep time.

- **Nutrient-Dense & Satiating:**

High in muscle-building protein and low in refined carbs, keeping you full and energized for hours. Every spoonful is packed with essential vitamins, minerals, and rich savory goodness.

- **Versatile & Customizable:**

Easily adjust spice levels, add extra low-carb veggies like zucchini, or top with avocado and cheese. It adapts effortlessly to whatever healthy ingredients you have in your fridge.

Common Mistakes to Avoid:

1. **Using High-Fat Meat Without Draining:** Failing to drain excess fat after browning ground beef can result in an overly oily soup layer on top.
2. **Overcooking Delicate Low-Carb Vegetables:** Adding soft veggies like zucchini or bell

peppers too early in a long cook cycle can make them mushy.

3. **Skipping the Meat Browning Step:** Throwing raw ground beef directly into the crockpot deprives the soup of deep caramelization and rich base flavor.
4. **Adding High-Carb Beans Excessively:** Overloading the crockpot with traditional canned beans will sharply spike the net carb count, defeating keto-friendly goals.

Required Equipment:

- **6-Quart Slow Cooker (Crockpot):** Allows even heat distribution for tender meat and thorough flavor integration.
- **Large Skillet:** Ensures optimal browning of ground meat to lock in deep, savory flavors before slow cooking.
- **Meat Chopper or Wooden Spoon:** Easily breaks down ground beef into fine, uniform crumbles for consistent texture.
- **Ladle:** Serves soup easily without splashing or losing meat-to-broth balance.

Storage Instructions:

- **Refrigerator:** Store in airtight glass containers for 4 to 5 days. Allow the soup to cool completely before sealing.
- **Freezer:** Freeze in freezer-safe, airtight containers or heavy-duty freezer bags for up to 3 months. Leave 1 inch of space at the top for liquid expansion.
- **Maintaining High-Protein Quality:** Reheat gently over medium-low heat on the stove or in the microwave to preserve meat tenderness without drying out the high-protein beef.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 4 hours (High) or 6–7 hours (Low)
- Total Time: 4 hours 15 minutes
- Servings: 6 servings
- Best Season for This Recipe: Fall / Winter (or All-Season comfort)
- Total Calories (Per Serving): ~320 kcal (*approximate estimate*)

A rich, hearty cowboy soup packed with savory beef, warm spices, and smoky tomatoes.

Slow-cooked to perfection, making it an effortless high-protein, low-carb meal.

Ideal for cozy family dinners, meal prep, and satisfying keto-friendly comforting eating.

□ Ingredients:

- 1.5 lbs (680g) Extra Lean Ground Beef (90/10 or 93/7): (*Note: Brown and drain thoroughly to keep the soup lean*).
- 1 medium Yellow Onion: Diced small.
- 1 Green Bell Pepper: Diced.
- 3 cloves Garlic: Minced fine.
- 1 cup Green Beans (Fresh or Frozen): Cut into bite-sized pieces (*Note: Great low-carb substitute for high-starch beans or corn*).
- 1 can (14.5 oz) Diced Tomatoes: With juice (no added sugar).

- 1 can (10 oz) Diced Tomatoes with Green Chilies (like Ro-Tel): Undrained.
- 4 cups Beef Bone Broth or Low-Sodium Beef Broth: (*Note: Bone broth adds extra collagen protein*).
- 1 tbsp Chili Powder: Adjusted to taste.
- 1 tsp Ground Cumin:
- 1 tsp Smoked Paprika:
- 1/2 tsp Dried Oregano:
- Salt and Black Pepper: To taste.
- 1 tbsp Olive Oil: For browning meat.

Directions:

1. **Heat Level & Browning (Medium-High Heat):** Heat 1 tbsp of olive oil in a large skillet over medium-high heat. Add the ground beef and diced yellow onion. Cook for 5–7 minutes, breaking the beef into small pieces until fully browned and no pink remains. Drain any excess fat.
2. **Build the Flavor Base:** Add minced garlic to the skillet with the beef and cook for 1 additional minute until fragrant. Transfer the cooked beef, onion, and garlic mixture directly into your 6-quart slow cooker.
3. **Combine Ingredients & Season:** Add diced green bell pepper, green beans, diced tomatoes (with juices), diced tomatoes with green chilies, chili powder, cumin, smoked paprika, oregano, salt, and pepper to the crockpot.
4. **Add Broth & Mix:** Pour in 4 cups of beef bone broth. Stir all ingredients thoroughly to distribute the spices evenly throughout the liquid.

5. Slow Cook (Texture & Visual Cues): Cover with lid and cook on LOW for 6 to 7 hours or on HIGH for 3 to 4 hours. The soup is ready when vegetables are fork-tender and the broth is rich, aromatic, and deeply colored.
6. High-Protein Finish: Garnish each serving with optional high-protein toppings like shredded sharp cheddar, plain Greek yogurt (a healthy high-protein substitute for sour cream), or fresh cilantro.

Nutrition Facts (Per Serving – Approximate):

- Calories: 320 kcal
- Fats: 12 g
- Cholesterol: 75 mg
- Sodium: 680 mg
- Potassium: 620 mg
- Total Carbohydrates: 9 g
- Fiber: 3 g
- Net Carbs: 6 g
- Sugars: 4 g
- Protein: 32 g
- Calcium: 65 mg

Notes:

- **Storage & Reheating:** Refrigerate in an airtight container for up to 5 days; reheat in a saucepan over medium heat until warmed through.
- **Freezing:** Freeze portioned servings in freezer bags for up to 3 months; thaw overnight in the fridge before reheating.
- **Allergy Notes:** Gluten-free, dairy-free (without cheese toppings), nut-free, and sugar-free.
- **Flavor Boosts:** Add a dash of hot sauce, a splash of Worcestershire sauce, or top with sliced avocado and jalapeños for an extra kick.