

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Queso Soup

From www.kaseytrenum.com

Serves 4

- 1 lb ground beef
- ½ onion, chopped
- 6 oz cream cheese
- 2 10 oz cans diced tomatoes with green chiles
- ½ cup heavy whipping cream
- 2 ½ cups beef broth
- 1 tsp garlic powder
- 1 packet of taco seasoning (make sure to use one without MSG)

1. Brown ground beef and onions together then drain.
2. Add in the cream cheese.
3. With a spoon, mash the cream cheese into the ground beef so that it will combine smoothly as it melts.
4. Add the rest of the ingredients and simmer on low for 30 minutes.
5. Add salt and pepper to taste and serve.
6. You can also add shredded cheese and sour cream to each bowl of soup.