

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Keto Bacon Cheeseburger Soup for the Instant Pot

From www.heyketomama.com

Serves 2-4

1 pound ground beef
1/2 medium onion, sliced
1/2 (14.5-ounce) can fire-roasted tomatoes
3 cups beef broth
1/4 cup cooked crumbled nitrite-free bacon
1 tablespoon chopped pickle jalapenos
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
2 teaspoons Worcestershire sauce
4 ounces cream cheese
1 cup sharp cheddar cheese, shredded
1 pickle spear, diced

1. Press the Sauté button and add ground beef. Brown beef halfway and add onion. Continue cooking beef until no pink remains. Press the Cancel button. Add tomatoes, broth, bacon, jalapenos, salt, pepper, garlic powder, and Worcestershire sauce, and stir. Place cream cheese on top in the middle.
2. Click lid closed. Press the Soup button and adjust time for 15 minutes. When timer beeps, quick-release the pressure. Top with diced pickles and garnish with shredded cheddar.