

CREAMY BEEF TACO SOUP

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COOK TIME: 30mins

SERVES: 4-6

CALORIES: 679 kcal (PER SERVING)

INGREDIENTS

1 tbsp olive oil
1 tbsp unsalted butter
1 large green bell pepper, diced
1 red onion, finely chopped
4 garlic cloves, minced
550 g ground/1.2 lbs beef (85% lean)
2 tbsp chopped pickled jalapeños + 2 tbsp brine from jalapeños
1 L/4 cups beef broth, or chicken
700 ml/3 cups crushed tomatoes
1 can (240 g/8.5 oz) kidney beans, drained and rinsed
140 g/5 oz corn kernels
2 tbsp chipotle sauce
½ cup/120 ml cream 20%
100 g/3.5 oz cream cheese, at room temperature
140 g/5 oz shredded cheddar
1 tbsp chopped cilantro

*SPICES

1 tsp salt, black pepper, ground cumin, ground coriander
1 tbsp smoked paprika, dried oregano

*TOPPINGS

chopped cilantro
chopped scallions
sour cream or Greek yogurt

DIRECTIONS

Get all the prep done before you start cooking: finely chop the red onion and mince the garlic. Remove seeds and veins from the green bell pepper, and dice.

Heat oil and butter in a large pot over medium high. Add bell pepper and cook for 3 minutes. Add red onion and garlic, cook for 2 minutes, or until fragrant. Add ground beef, break up into pieces, cook until a bit browned, about 3 minutes. Add spices, chopped jalapeños and their brine. Stir for 1 minute.

Pour in broth, bring to a boil. Add crushed tomatoes, beans and corn kernels. bring to a boil. Then cover, reduce heat to medium low and simmer for about 5 minutes.

In the meantime, chop the cilantro, grate the cheddar and prepare your toppings.

When ready, add chipotle sauce, cream, cream cheese and grated cheddar, stir to dissolve. Bring to a boil and simmer for 5 minutes. Adjust salt if needed.

Finish off with freshly ground black pepper and cilantro. Serve with your favorite toppings. Enjoy!

Thanks for making! ... And if you love these recipes please consider supporting me by becoming a Cooking Club Member or just buy me a coffee.