

Low-Carb Tex Mex Soup

Hands-on 15 minutes Overall 30 minutes

Nutritional values (per serving, about 2 cups/ 480 ml): Total carbs: 8.4 g, Fiber: 2.7 g,

Net carbs: 5.7 g, Protein: 18.4 g, Fat: 29.3 g, Calories: 371 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 8 servings)

500 g ground beef (1.1 lb/ 17.6 oz)

200 g sausage such as chorizo (7.1 oz) - *I used Spanish chorizo but you can also use Mexican chorizo*

1 large tin tomatoes, unsweetened (400 g/ 14.1 oz)

2 medium fresh tomatoes (200 g/ 7.1 oz) *or more* tinned tomatoes

1/4 cup tomato puree, unsweetened (62 g / 2.2 oz)

2 small green chilies (30 g/ 1.1 oz)

1 medium red pepper (120 g/ 4.2 oz)

1 medium white onion (110 g/ 3.9 oz)

2 cloves garlic

2 cups green beans (200 g/ 7.1 oz)

dash Tabasco *or* to taste

1/4 cup ghee *or* duck fat (55 g / 1.9 oz)

sea salt and pepper, to taste

1 L water *or* bone broth (4 cups / 1 quart) *or* more if too thick (*you can make your own*)

Optional: fresh cilantro or parsley

Tabasco to taste.

6. Pour in the water and season with salt and pepper. Wash and cut the green beans into thirds. Cook the soup until you see bubbles and add the chopped green beans.
7. Cook for about 10 minutes or until the green beans are crisp-tender. Take off the heat. Serve hot and try with Keto Buns! Store refrigerated for up to 5 days or freeze for up to 3 months.

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Instructions

1. Peel and dice the onion and garlic. Halve, deseed and slice the red pepper and green chili peppers.
2. Grease a large soup pot or a Dutch oven with ghee. Once hot, add the diced onion and garlic and cook over a medium-high heat for a few minutes while stirring, until lightly browned. Add the sliced red pepper and green chili peppers. Cook for about 5 minutes and stir to prevent burning.
3. Slice the chorizo sausage and roughly chop the tomatoes.
4. Add the chorizo, ground beef into the pot and cook until browned from all sides.
5. Add the chopped tomatoes, tinned tomatoes, tomato puree and