

## Bacon Cheeseburger Soup (Keto Friendly)

### Ingredients:

- 12 oz. Bacon
- 2 lbs Grass fed ground beef
- 4 tbsp Grass fed Butter (Kerry Gold)
- 6-8 cups Beef Bone Broth or regular beef broth
- 1 tsp Garlic Powder
- 1 tsp Onion Powder
- 3 tsp Sea Salt
- 1 tsp Pepper
- 1 tsp Red Pepper (ground or flakes)
- 1 ½ tsp Cumin
- 1 ½ tsp Chipotle Powder
- 1 tsp Chili Powder
- ½ tsp Dill
- 4 tsp Spicy brown mustard (or yellow if you prefer)
- 1 6oz can Tomato paste
- 2 ½-3 cups Shredded cheddar cheese
- 6-8 oz Cream Cheese
- 1 ¼ cup Heavy whipping cream

### Instructions:

1. Start by cooking your bacon. I bake my bacon for 15-20 min at 400 degrees.
2. Cook the hamburger meat in skillet and set aside.
3. Mix your spices together in a small dish.
4. If you have an InstaPot, set to saute and add your butter and spices. Let the spices cook in the butter for about a minute.
5. Add the broth, tomato paste, cheese, mustard, and cream cheese to the spices. I start with 6 cups of broth and add more if needed. Close the InstaPot and set for Pressure Cook on High for 10 minutes.
6. Release the pressure slowly from the InstaPot. Use an immersion blender to blend ingredients together.
7. Add the heavy whipping cream and stir for a few minutes.
8. Add the ground beef and bacon to the soup and stir for 5 minutes.
9. Serve warm and enjoy!

### Nutrition Information: