

Samantha's Famous Cheeseburger Soup

Ingredients:

- 1 small bag baby carrots, shredded
- 1 medium onion, chopped
- ½ cup celery, chopped
- 28 oz beef broth (or the equivalent with bouillon cubes)
- 1 pound ground beef, cooked, drained, crumbled
- 1 small bag frozen cauliflower rice
- 3 cups milk
- 1 pound process cheese such as Velveeta, cubed
- 8 oz sour cream
- 8 oz cream cheese, softened
- 8 oz pepperjack block cheese, shredded
- Garlic powder
- Salt
- Pepper
- Cayenne pepper (optional)



My family LOVES my cheeseburger soup. Someone is always trying to get me to share the recipe. So, let's keep this little secret between you and I, yes?

Directions:

1. In a large soup pot, combine carrot, onion, celery, and broth. Bring to a boil. Reduce heat and simmer uncovered.
2. In a separate pan, brown the ground beef. Then drain it and add beef to soup pot. I used 93% lean beef so there's no need to drain it. Additionally, I add salt, pepper, and garlic powder as I cook the beef.
3. In same pan as beef, cook the frozen cauliflower. I do not thaw it first and I add a little avocado oil (optional) to heat the cauliflower. Once cauliflower is fully cooked and starting to brown slightly, add to soup pot.
4. Add milk and bring soup pot up to a boil.
5. AS SOON AS IT STARTS BOILING, begin adding the process cheese in cubes. Use a whisk to stir rapidly and frequently, making sure to keep cheese from burning to bottom of pot. May need to slightly reduce heat so as not to overheat the dairy products.
6. Repeat step 5 with sour cream, then cream cheese, then pepperjack cheese (can substitute a sharp cheddar if you desire) making sure to keep the soup very hot but not quite boiling. Keep whisking until all the cheese has melted.
7. Add salt, pepper, and garlic powder to the soup as desired. Add cayenne (optional).
8. Once you are confident all cheese has melted, reduce heat to a simmer and serve immediately. Shredded sharp cheddar, crumbled bacon, and sour cream can be served as additional toppings.
9. ENJOY! We would love to hear your feedback. Use **#thebegratefulproject** to tag us on social media.