

CHEESY BEEF AND SPINACH SOUP

Ingredients:

3 oz. 96% lean ground beef (97.5 calories, 0 net carbs)
1/2 c. frozen spinach (24 calories, 1 net carb)
1/2 c. Silk unsweetened almond milk (15 calories, 0 net carbs)
1/2 c. water
1 tsp. chicken bouillon (5 calories, 1 net carb)
1 wedge Swiss Laughing Cow (35 calories, 1 net carb)
1/2 tsp. minced garlic (4 calories, 0.8 net carbs)
Salt and pepper to taste

TOTAL: 180.5 calories, 3.8 net carbs

Directions:

Pour water and almond milk into small pot on medium-high heat. When hot, stir in bouillon, salt, and pepper. Add Laughing Cow wedge and stir until melted. In a pan, heat garlic until sizzling. Cook ground beef in pan, mashing into tiny pieces. Once thoroughly cooked, add ground beef to soup mixture. Heat spinach according to package instructions. Stir into soup mixture.