

KETO MEXICAN BEEF SOUP



SAVEUR PRODUCT USED

TACO SPICE MIX, SEASONED SALT, GUACAMOLE MIX

MAKE, TAKE & FREEZE

— with —
SAVEUR

FREEZER WORKSHOP INGREDIENTS

2 tbsp. water

1 lb./500g gravy beef, cut into 1-inch/2cm pieces

1 brown/yellow onion, thinly sliced

2 tsp. *Saveur Taco Spice*

1 tsp. *Saveur Seasoned Salt*

1 tbsp. *Saveur Guacamole Mix*

14 oz./400g can crushed tomatoes

1 large green pepper, seeded, cut into thin strips

1 large cauliflower, cut into florets

PREPARATION INGREDIENTS

3 cups beef stock

Cottage cheese (Optional if on maintenance)

Lime wedges

METHOD

BAG 1 - Mix Taco Spice, Seasoned Salt and Guacamole Mix together. Add beef to large zip-top bag. Toss beef well to coat.

Bag 2 - Add all other ingredients to zip-top bag.

Place BOTH bags into a large zip-top bag. Remove excess air to prevent freezer burn. Label, date and place into freezer until ready to use.

COOKING INSTRUCTIONS

Defrost completely in fridge overnight, following safe thaw instructions.

Heat a large, deep saucepan and add Bag 1. Cook for 5 minutes or until browned. Transfer to a heatproof bowl. Add stock and 1½ cups water. Bring to simmer. Return the beef to the pan. Reduce heat to low. Cook covered for 1 hour and 20 minutes.

Add Bag 2 and cook covered for 20 minutes or until vegetables and beef are tender.

Top with cottage cheese if on maintenance and serve with lime wedges.

