

# Bacon Cheeseburger Soup

Crockpot Meal  
THM:S

- 1 lb. ground beef (or ground turkey)
- 1 onion, diced
- 1 delicata squash, peeled and diced (1 large or 2 small)
- 1/2 tsp. thyme
- 1 tsp. garlic powder
- 2 T. dried parsley
- 1 tsp. basil
- 3/4 tsp. pepper
- 1 1/2 tsp. mineral salt
- 3 cups chicken broth
- 2 Tbsp. butter or bacon grease



I just add the ground beef as is (frozen or thawed) to the crockpot. Then add the rest of the ingredients. You could sub 1/2 butternut squash (peeled) for the delicata. And/or you could add radishes and two carrots. If you want to add cauliflower florets, wait until later in the afternoon so they won't get super mushy.

Let your soup cook on high for about five hours. When the beef is cooked (break it up) and the squash is tender, whisk in:

- 2 Tbsp. of THM Baking Blend
- 1 1/2 cups of nut milk
- 1 cup shredded cheddar cheese
- 1-8 oz. brick of cream cheese and 1/2 cup half and half. (You could sub some goat cheese for the cream cheese.)

When the soup is hot and the veggies are tender, serve garnished with some crispy bacon crumbles.

\*For a crossover, you can add baby gold potatoes (diced).

enJOY!

