

# EASY KETO LOW CARB TACO SOUP RECIPE

See how to make taco soup on the stove - it takes only 20 minutes + 5 ingredients! The whole family will love this easy low carb taco soup recipe with ranch dressing. It's so rich and flavorful, no one will guess it's keto taco soup.

**Cook:** 20 minutes

**Total:** 20 minutes

**Servings:** 8 servings (1 cup each)

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## INGREDIENTS

- 1 lb Ground beef
- 3 tbsp Taco seasoning (divided into 2 tbsp and 1 tbsp)
- 4 cup Beef bone broth (or any broth of choice)
- 2 14.5-oz cans Diced tomatoes (with liquid)
- 3/4 cup Ranch dressing (use [paleo ranch dressing](#) for paleo, whole30 and dairy-free options)

## INSTRUCTIONS

1. In the bottom of a large pot over medium-high heat, brown the ground beef for about 7-10 minutes, until no longer pink. Drain if desired.
2. Add 2 tablespoons (28 g) taco seasoning (2/3 of the total amount) and 3/4 cup (177 mL) of broth. Simmer for a couple of minutes, until the liquid is mostly gone.
3. Add the remaining broth, diced tomatoes (with liquid), and remaining tablespoon of taco seasoning. Stir together. Bring to a gentle boil and simmer for about 8-10 minutes.
4. Remove from heat. Wait 2 minutes, then stir in the ranch dressing. If desired, garnish with shredded cheddar cheese and cilantro.

## RECIPE NOTES

**Serving size:** 1 cup

**Video Showing How To Make Taco Soup:**

## NUTRITION INFORMATION PER SERVING

Calories: 309 | Fat: 24g | Total Carbs: 7g | Net Carbs: 6g | Fiber: 1g | Sugar: 2g | Protein: 13g

Nutrition facts are provided as a courtesy, sourced from the USDA Food Database. Net carb count excludes fiber, erythritol, and allulose, because these do not affect blood sugar in most people. We try to be accurate, but feel free to make your own calculations.

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HEALTHY RECIPES. KETO RECIPES.

**WHOLESOME**  
10 INGREDIENTS OR LESS.  
*yum*



<https://www.wholesomeyum.com/easy-low-carb-taco-soup-recipe-with-ranch-dressing/>