

IP Beef Enchilada Soup

Makes 5 Servings

Preparation: 10 minutes, Cook Time: 25 minutes

Super simple dinner made in Instant Pot. Ideally have all the ingredients ready when you begin to cook. If you want to keep this low carb, delete the corn and substitute tiny, minced cauliflower. If you prefer you could add a can of pinto beans to make it more hearty. The 25-minute cook time includes the time the IP requires to build up pressure.



2 tablespoons olive oil
1 medium yellow onion, diced, or red onion
2 cloves garlic, minced
1 pound lean ground beef
2 tablespoons taco seasonings
1 1/2 cups frozen corn, white corn, if available (optional)
2 cups red enchilada sauce

1 1/2 cups low sodium beef broth, or chicken broth
4 ounces cream cheese, softened and cut into cubes
GARNISHES:
1 cup or more sharp cheddar cheese, grated
sour cream, cilantro, lime wedges and avocado slices

1. Begin IP with saute function. Add olive oil and when it's begun to shimmer, add onion. Cook, stirring frequently until onion has begun to soften.
2. Add ground beef into the pot, using a wooden spoon or implement to break up the beef into small pieces. Continue sauteing until the ground beef is no longer pink, about 5 minutes. Stir frequently so the beef doesn't burn.
3. Add garlic and stir constantly for about a minute. Add taco seasoning, then corn, enchilada sauce, broth and stir to combine. Add cream cheese and stir and smash to break up the cream cheese until it melts completely.
4. Set Instant Pot (with lid) for SOUP function, usually about 18 minutes. Once complete, release pressure, remove lid and allow soup to cool for 5-8 minutes. It's very hot, so it needs to cool a bit.
5. Use a ladle, to scoop servings into wide soup bowls and top with grated cheddar, cilantro and sour cream. If desired, you can also add crushed tortilla chips and avocado, and add a squeeze of fresh lime.