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Twisted Cheeseburger Soup

Ingredient	Amount
Whipping Cream 35% MF	347 grams
Onions raw diced	79.0 grams
Velveeta cheese	257 grams
Shredded Cheddar Cheese Regular	190 grams
Lean Ground Beef Raw	165 grams
Lean Ground Pork Raw	165 grams
Butter	144 grams
Campbells Beef Broth	495 grams
Italian Seasoning (optional)	5.3 grams (or less if desired)
Final Weight	1847.3 grams

Yields 15 servings.
1 serving = 300 calorie (= 115 g cooked weight approximately) – the portion however may be adjusted by your ketogenic diet team so suit your diet & calorie prescription.

This recipe freezes very well
All ingredients are using Canadian nutrient values.
Please weigh all ingredients

Directions

1. In a large saucepan or pot – melt half of the butter over medium heat. Sauté the onions. This will take about 3-5 minutes.
2. In a sauce pan cook and crumble the ground beef and pork over medium heat until no longer pink. Transfer this meat to the large saucepan or pot that has the onions and butter. Make sure to scrap very well with a ruber spatula to get all the fat from the pan.
3. Stir thoroughly.
4. Add the remaining butter and melt.
5. Add the beef broth and Italian seasoning and stir well again.
6. Add the whipping cream and mix well
7. Add the cheeses in ¼ portions to the soup while stirring continuously to achieve a nice blend and gently melt the cheeses.
8. Once cheese is melted can reduce the heat to low for 30 minutes
   Stir occasionally

Weight	Calories	Total Fat	Total Protein	Total Carbohydrates	Keto Ratio
115 g	300 kcal	26.5 g	11.8 g	3.7 g	1.72

		79.4% total kcal	15.7% total kcal	4.9% total kcal	

With your bowl of soup here are some suggestions:

- **up to 1 teaspoon of President's Choice Ketchup Type Sauce (0.3 g carbs, 0 g fat and 0 g protein**
- **up to 1 teaspoon of Heinz No Sugar Added Ketchup Style Sauce (0.3 g of carbs, 0 g fat and 0 g protein)**
- **up to 1 teaspoon of Heinz Yellow Mustard (<0.5 g carbs, 0 g fat and 0 g protein)**
- **up to 1 teaspoon of French's Classic Mustard (<0.5 g carbs, o g fat, and 0 g protein)**
- **up to 1 Vlasic dill pickle (stacker) (0.5 g carbs, 0 g fat, and 0 g protein)**
- **up to 15 grams of iceberg lettuce (0.0 g carb, 0 g fat, and 0 g protein)**
- **Keto Bread as prepared on in this video from the Matthew's Friends Cooking Channel:** https://www.youtube.com/watch?v=svzFxyl_kCc

Always consult with your Ketogenic Registered Dietitian that these additions are acceptable for your current diet prescription.

Enjoy - Bon Appetite!
Thank you – Merci!

Acknowledgements:
This recipe was created in partnership with Chef Patrick Wiese (patron chef to Matthew's Friends Canada) and Jennifer Fabe (registered dietitian and president of Matthew's Friends Canada). Last reviewed September 2016.