



NAME

KETO TACO SOUP

CROCKPOT INSTRUCTIONS:

- Thaw both freezer meals overnight in the fridge.
- In a skillet, cook the ground beef until the beef is browned and cooked through. Add a touch of salt and pepper. Drain any excess grease.
- Transfer cooked beef into Crockpot. Stir in the rest of the ingredients from the other freezer bag then cook on low for 4-5 hours or on high for 2-3 hours.

INSTANT POT INSTRUCTIONS:

- Thaw both freezer meals overnight in the fridge.
- Transfer beef into the Instant Pot. Set the Instant Pot to "Sauté" mode and cook the ground beef until the beef is browned and cooked through. Drain any excess grease. Stir in the rest of the ingredients from the other freezer bag then pressure cook on high for 10 minutes.
- When done cooking, allow for a natural pressure release for 5 minutes, then perform a quick release to release any remaining pressure.

USE-BY-DATE

FREEZER FIT

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