Instant Pot Cheeseburger Soup

Printable grocery list · Serves 6

PROTEIN

- [ ] 1 lb 95% lean ground beef (or ground turkey or chicken)

PRODUCE

- [ ] 1/2 medium white onion
- [ ] 1 lb red potatoes
- [ ] 2 tbsp fresh parsley

DAIRY

- [ ] 1/2 cup fat-free half & half
- [ ] 3 cups Kraft fat-free shredded cheddar

CANNED & PANTRY

- [ ] 3 cups fat-free beef broth or stock
- [ ] 1 tbsp extra virgin olive oil

SPICES

- [ ] 1 tbsp Italian seasoning
- [ ] 1/2 tsp paprika
- [ ] Sea salt (or garlic salt) and black pepper

OPTIONAL TOPPINGS

- [ ] Green onions, sour cream, dill pickle, Worcestershire sauce, bacon