

# High Protein Queso



Summer time is approaching and if you are like me you have put on a nice winter coat from all the holidays and the king cakes. Here is a nice "healthy-ish" recipe for you to try!

## Ingredients:

- 1 jar of salsa (16 oz)
- 2lb of ground meat
- 2 - 24oz tubs of cottage cheese
- 2 packets of taco seasoning

## Directions:

- Brown meat and add taco seasoning according to packet directions.
- blend all the cottage cheese until smooth consistency in a large bowl (I like the immersion blender/ hand blender)
- add the cooked meat and salsa to the bowl of cottage cheese and mix thoroughly.

-This microwaves and rewarms very well!

Enjoy this much less guilty queso!

PS: For a healthier chip to dip these in, buy some Joseph's lavash breads and cut them into strips. Bake them in the oven or air fryer until crispy.