

# Easiest Queso

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♥ [lowcarblove.com/blog/easiest-queso](https://lowcarblove.com/blog/easiest-queso)

October 29, 2022



Servings: 6

## Ingredients:

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- 1 lb cheddar cheese
- 1 medium onion, diced
- 1 jalapeno, diced
- 1 roma tomato, diced
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp paprika
- ½ tsp cumin
- 1 ½ cup half and half, evaporated milk or heavy cream
- Diced cilantro

- [A la madre](#) low carb tortillas (discount code - lowcarblove)

### **Directions:**

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1. In a large saucepan, or a cast iron skillet, add about 1 tbsp of avocado oil. Add your onions and jalapeno and cook until translucent.
2. Now, add your milk and cheese. You're welcome to use a mixture of cheeses. Sometimes, I like to add monterey jack or pepper jack cheese.
3. Add your seasonings and mix. Allow to cook down on low medium heat until nice and melty.
4. Add your roma tomatoes and garnish with cilantro.
5. Fry up your low carb tortilla chips and serve with your queso!

### **Nutrition:**

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#### *Nutrition per serving (using evaporated milk):*

- Calories - 335
- Fat - 26g
- Protein - 19g
- Total Carbs - 7g
- Net Carbs - 5g

#### *Nutrition per serving (using half and half):*

- Calories - 381
- Fat - 31g
- Protein - 20g
- Total Carbs - 6g

- Net Carbs - 4g
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