

Chili

Ingredients

- 2 - Tbsp olive oil
- 1 - pound of ground beef
- 1 - pound of ground pork
- 1 - green pepper, chopped
- 1 - stalk of celery, chopped
- 1 - white onion, chopped
- 1 - 10 ounce can of diced tomatoes with green chilies
- 1 - Tbsp of white wine vinegar
- 1 - Tbsp of minced garlic
- 1 - cup roasted salsa
- 1 - cup of beef broth

Directions

- 1) In a large pot over medium heat, brown the ground beef and pork in 2 tablespoons of olive oil
Drain the meat
- 2) Stir in celery, onion, green pepper and cook until onion is translucent, about 5 minutes.
- 3) Transfer to a slow cooker. Pour in canned tomatoes (Ro*Tel), salsa, beef broth, garlic, white wine vinegar and stir in chili seasoning
- 4) Cook on low for 6 hours
- 5) Served topped with shredded cheese, green onions, sour cream

Chili mix (per **ONE** pound of meat - doubled for this recipe)

- ¼ cup chili powder
- 1 Tbsp ground cumin
- 1 Tbsp smoked paprika
- 2 tsp onion powder
- 2 tsp garlic powder
- ½ tsp cayenne pepper

11 total carbs, 7 net carbs, 23g fat, 25g protein, 349 calories – approx. per serving
(makes 9 servings)

Crackers

Ingredients

1/2 - cup shredded mozzarella cheese

1/3 – cup blanched almond flour

1/8 – tsp garlic powder

dash of salt

1 - large egg yolk

Directions

- 1) Pre-heat the oven to 425 degrees
- 2) Combine the cheese, almond flour, garlic powder & salt, microwave for 30 seconds
- 3) Knead the dough with your hands until fully mixed. Add the egg yolk and knead until mixed
- 4) Place the dough between two pieces of parchment paper, press down and spread the dough with a rolling pin into a very thin, even rectangle
- 5) Poke holes in the dough – this prevents the dough from bubbling while they bake. (Don't forget this step)
- 6) Cut into a 1- inch squares (use a pizza cutter or a knife)
- 7) Place the dough with some space between them. Bake for 5 to 6 minutes or until golden brown. Flip and add 2 minutes for a crisper cracker.

Macros per cracker (this mix will make approx. 24 crackers)

.45 total carbs, .3 net carbs, 1.8g fat, .3g protein, 24 calories

All nutritional values are approximate

Credit for the crackers goes to “Simply Keto”