

KETO CHILI

A rich, slow-simmered chili with warm spices and no beans



INSTRUCTIONS

1. Brown the beef

- 1 lb ground beef

In a large pot over medium-high heat, cook the ground beef, breaking it up, until well browned. Drain excess fat if needed.

2. Sauté aromatics

- 1 large onion, finely chopped
- 3 garlic cloves, pressed

Add the onion and garlic. Cook for 3-4 minutes until the onion softens.

3. Add spices

- 2 whole cloves
- 1 1/2 tbsp chili powder
- 1 1/2 tsp ground cumin, to taste
- 1 1/2 tsp paprika, to taste
- 1 tsp ground oregano
- 1/2 tsp chipotle powder, optional

Stir in the spices. Cook for 1 minute to bloom them.

4. Build the chili

- 1 (15 oz) can diced tomatoes
- 1 cup beef broth
- 3 tbsp diced jarred jalapeños
- 1/2 tsp kosher salt, to taste

Add the tomatoes, beef broth, jalapeños, and salt. Stir well.

5. Simmer

Bring to a boil, then reduce to low. Simmer uncovered for 30-40 minutes, stirring occasionally, until thickened.

6. Serve

Remove the whole cloves. Taste and adjust salt. Serve with your favorite keto toppings.

OPTIONAL TOPPINGS

- Avocado
- Sour cream
- Shredded cheddar cheese

NUTRITION (per serving, makes about 6 servings)

- Calories: 233
- Total Fat: 16g
- Total Carbs: 8g
- Fiber: 2g
- Net Carbs: 6g
- Protein: 14g

STORAGE

Keep in an airtight container in the fridge for up to 4 days, or freeze for up to 3 months.