

# Keto Chili



## Ingredients:

- 2 lbs Ground beef
- 1/2 Cup Onion Diced
- 4 Tbsp Chili Powder
- 2 tsp Garlic Powder
- 2 tsp Onion Powder
- 1 tsp Salt (I use Redmond Hickory Smoked Salt)
- 2 tsp Paprika
- 2 tsp Cumin
- 1 tsp Oregano
- 1/2 tsp Pepper
- 28 oz Can Crushed Tomatoes
- 1 Can Rotel Tomatoes
- 2 Cups Beef Bone Broth

I use a 3 quart Pot.

I used Bacon grease to saute my onions. You could use butter, ghee, tallow, etc

Saute onions for a couple of minutes then add ground beef and brown.

Drain fat.

Add all spices and stir into beef.

Add liquids and simmer for about 20-30 minutes.

Serving Size One Cup

240 calories

8g Carbs

3g Fiber

22g Protein

13g Fat

Top with Cheese & Onion