



EASY

Keto Recipes

KETO CORNED BEEF & CABBAGE

SERVE: 6

TOTAL TIME: 15 MIN

INGREDIENTS

3-4 lbs corned beef
2 onions, quartered
4 celery stalks, quartered crosswise
1 package pickling spices
Kosher salt
Black pepper
1 medium green cabbage, cut into 2" wedges
2 carrots, peeled and cut into 2" pieces
1/2 c. Dijon mustard
2 tbsp. apple cider vinegar
1/4 c. mayonnaise
2 tbsp. capers, roughly chopped, plus 1 tsp brine
2 tbsp. parsley, roughly chopped

DIRECTIONS

1. Place corned beef, onion, celery, and pickling spices into a large pot. Add enough water to cover by 2", season with salt and pepper, and bring to a boil. Reduce heat to low, cover, and simmer until very tender, 3-3 1/2 hours.
2. Meanwhile, whisk dijon mustard and apple cider vinegar in a small bowl and season with salt and pepper. In another bowl, mix mayo, capers, caper brine, and parsley. Season with salt and pepper
3. Add cabbage and carrots and continue to simmer for 45 minutes to 1 hour more, until cabbage is tender. Remove meat, cabbage, and carrots from pot. Slice corned beef and season with more salt and pepper.
4. Serve with both sauces on the side for dipping.



BAKED STUFFED AVOCADO

SERVE: 4

TOTAL TIME: 20 MIN

INGREDIENTS

1/2 lb ground beef

2 tablespoons taco seasoning

2 large avocados (halved, pitted, and scooped out)

1/2 cup shredded cheddar cheese

1/4 cup red enchilada sauce

toppings: sour cream, salsa, cilantro

DIRECTIONS

1. Preheat oven to broil.
2. In a large skillet, brown the ground beef and sprinkle with taco seasoning. Add 1/3 cup water and cook until liquid reduces.
3. Place avocados on a baking sheet. Scoop 1/4 of the beef mixture into each avocado. Drizzle one tablespoon of enchilada sauce on top of each beef mixture. Top with 2 tablespoons of cheese. Broil for 3-5 minutes or until cheese is melted and avocados are warm.
4. Top with desired toppings such as sour cream, salsa, or cilantro



KETO PIZZA

SERVE: 4

TOTAL TIME: 20 MIN

INGREDIENTS

- 2 large eggs
- 2 tablespoons cottage cheese (sour cream can be substituted)
- 2 tablespoons butter, melted
- 1 cup almond flour
- 1/2 teaspoon garlic powder
- 1/4 teaspoon pink Himalayan or sea salt
- 1 cup shredded cheddar cheese

DIRECTIONS

1. Preheat oven or air fryer to 400 degrees and line a baking sheet with parchment paper.
2. In a medium bowl, whisk together the eggs, cottage cheese, and butter. Set aside.
3. In a separate bowl, whisk together the almond flour, garlic powder, and salt. Add dry mixture to the wet ingredients and stir to combine. Mixture will be wet. Stir in the cheddar cheese.
4. Roll dough between two parchment paper sheets to desired size, thickness, and shape. The dough will be very wet. You will need to peel the top parchment sheet off and bake it on the bottom sheet of parchment on a baking sheet. Bake for 12-14 minutes or until desired level of crispiness. The longer you bake it the crispier it gets!
5. Remove from oven and load your pizza however you like with all of your favorite sauces, cheese, and toppings. Bake pizza for another 5-8 minutes or until the cheese is melted.



BUFFALO CHICKEN SOUP

SERVE: 8

TOTAL TIME: 30 MIN

INGREDIENTS

1 tablespoon butter
1 tablespoon minced garlic
1 1/2 cup chopped celery
1 1/2 cup chopped bell pepper, (I mix green and orange)
2 pounds chicken breast
1/2 teaspoon paprika
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 (32 ounce) carton chicken broth
1/2 cup low carb ranch dressing, room temperature
1/3 cup buffalo sauce
4 ounces cream cheese, room temperature
2 cups shredded cheddar

DIRECTIONS

1. Set the Instant Pot to the sauté mode. Sauté the celery, bell pepper and garlic in the butter.
2. Add the chicken breast, paprika, onion powder, garlic powder and chicken broth.
3. Place the lid on the instant pot, seal the pressure valve and set the pressure cooker to 20 minutes.
4. Allow the pressure to naturally release for 5-10 minutes, then manually release the rest then remove the lid.
5. Remove the chicken and shred it, set aside.
6. While the chicken is out of the pot add the buffalo sauce, ranch dressing, cream cheese and shredded cheddar. Whisk the mixture until it is completely smooth. This may take 1-2 minutes of vigorous stirring.



HAM AND CHEESE CHAFFLES

SERVE: 5

TOTAL TIME: 10 MIN

INGREDIENTS

2 large eggs

3/4 cup shredded cheese (I use a mixture of cheddar and mozzarella)

1/4 cup almond flour

1/2 teaspoon baking powder

3/4 cup ham, chopped

DIRECTIONS

1. In a mixing bowl beat the eggs well. Fold in the remaining ingredients until completely incorporated.
2. Heat a waffle maker according to the manufactures directions. Add the batter to the waffle maker (about 2 scoops for the Dash waffle maker) be careful not to overfill.
3. Remove the waffles when you no longer see any steam coming from the machine and the waffles are golden brown.

