

Creamy Bacon Ranch Chicken

Preparation Time: 10 minutes, Total Time: 6 hours, 10 minutes

Serves: 6-8

Ingredients

- 1.5 lb boneless, skinless chicken breast
- 1 8 oz package cream cheese
- 1 1 oz package of Ranch dressing seasoning or ranch dressing itself
(NOTE: read your ingredients – do NOT use hidden valley packets they are full of bad stuff!)
- 4 oz bacon (about 1/2 a package), cooked and crumbled (Costco has real bacon bits)
- 1/2 C green onion, chopped
- 1 C shredded cheddar cheese

Directions

1. Place chicken breasts in bottom of a 6-quart slow cooker. Top with cream cheese and seasoning packets.
2. Cover and cook on low 6-8 hours, or until chicken shreds easily.
3. Shred chicken inside the slow cooker using two forks, and combining with the cream cheese and seasoning. Add in the cooked bacon and stir to combine.
4. Sprinkle shredded cheese on top and cover and continue to cook on low until the cheese has melted (about 15 minutes).
5. Sprinkle with chopped green onion and serve. (I never remember this step!)

** IF you have an Instant Pot (electric pressure cooker). I throw the chicken in with 1/2 to 1 cup of water (you do NOT need to double the water if doubling the recipe). Press the chicken/poultry button and let it cook. Total time start to finish is about an hour. NPR for 10-15 minutes. Shred the chicken, add cream cheese, ranch, bacon and cheese. Put the lid back on for 5-10 minutes. The cheese will melt. Mix and serve! **

Spinach Artichoke Chicken

Serves: 6

Ingredients

- 10 oz artichoke hearts - chopped (frozen or canned)
- 10 oz frozen chopped spinach (drained and squeezed of liquid)
- 4 oz full fat cream cheese
- 4 oz full fat Mayonnaise (careful with Mayo ingredients! You can make your own as well)
- 1 C parmesan cheese - grated (separate into two ½ cups)
- 1 C mozzarella cheese – grated (separate into two ½ cups)
- 3 cloves garlic (diced)
- 2.5 lb thawed chicken tenderloins (or your favorite boneless chicken)

Directions

1. Preheat oven to 400 degrees.
2. Cut chicken into chunks and put into baking dish. Season with salt and pepper.
3. Bake chicken for 15 minutes on its own.
4. While chicken is baking, mix together the spinach, artichokes, garlic, cream cheese, mayo, ½ C Parmesan, ½ C mozzarella. (You might need to get your hands dirty to get this mixed well.)
5. Take chicken out of oven after 15 minutes and cover chicken with spinach artichoke topping.
6. Adjust oven to 350 degree and bake for 20 minutes.
7. After 20 minutes take out of the oven and sprinkle leftover ½ cup Parmesan and ½ cup mozzarella over the top.
8. Turn oven to Low Broil and get the cheese melty and bubbly.
ENJOY!

Easy Crack Slaw

Serves: 4

Ingredients

2 cloves garlic
2 tbsp sesame seed oil
1 lb ground beef
10 oz. cole slaw salad mix
1 tbsp sriracha (I never use this!!)
2 tbsp "soy sauce" (Coconut Aminos are the Keto substitute for Soy Sauce)
1 tsp vinegar
1/4 tsp black pepper
1/2 tsp pink Himalayan Sea Salt
1 tsp sesame seeds
1 stalk green onion

Note: we used pre minced garlic (so no sesame seed oil) and skip the sriracha and sesame seeds)

Directions

1. Start by heating your sesame seed oil in a large wok and crushing 2 garlic cloves into it. Cook until fragrant.
2. Add in a pound of ground beef and break up with a wooden spoon.
3. Once your ground beef is browned, about 5-10 minutes, add in your cole slaw salad mix and toss to combine.
4. Add in sriracha, soy sauce and vinegar and toss. Let this cook for about 5 minutes for the cole slaw mix to wilt.
5. Season with salt, pepper and sesame seeds. Serve with a sprinkle of green onion and enjoy!

Cheeseburger Soup

Ingredients

- 1 lb ground beef
- ½ of a small onion, diced
- 2 garlic cloves, minced
- 3 Tablespoons of butter
- 1 bag of riced cauliflower, 10 oz
- 3 cups chicken broth
- 1¼ cup heavy whipping cream
- 3 cups shredded cheddar cheese
- 1 tsp basil
- 1 tsp parsley
- ½ tsp pink salt
- ½ tsp black pepper
- ½ tsp nutmeg
- ¾ tsp Xanthan Gum (thickener)

Directions

1. Cook riced cauliflower in microwave according to package directions.
2. Brown ground beef drain and set aside.
3. In a large saucepan saute onion and minced garlic in one tablespoon of butter until translucent.
4. Add the other 2 tablespoons of butter and the riced cauliflower to the onion/garlic mixture and saute for 5 minutes stirring so that it doesn't stick.
5. Add ground beef, chicken broth, heavy whipping cream, and spices.
6. Bring soup mixture to a boil, reduce heat to low and simmer for 20 minutes.
7. Add cheddar cheese a cup at a time, stirring with a whisk so that it melts evenly.
8. Once the cheese is melted, add the Xanthan Gum so that the soup thickens.
9. Cover and simmer for 5 minutes to allow the soup to thicken. Serve!

Butter Bob's Chili

Ingredients

- 3 1/2 lbs hamburger meat
- 2 green bell peppers
- 1 yellow onion
- 2 tsp garlic powder
- 1/8 C cumin
- 1/4 C chili powder
- 1/2-1 tsp cayenne pepper (to taste)
- 3 tsp salt
- one 10.5 oz can of Rotel Tomatoes with Green Chilies ← *(I buy diced tomatoes at Aldi's – way cheaper!)*
- one 10.75 oz can of Tomato Puree ← *(I buy 1 can tomato sauce and 1 can tomato paste at Aldi's)*
- 32 oz beef broth ← *(I do NOT add this as I like a thick chili. If you like a "thinner" chili, feel free to add the broth!)*

Directions

1. Brown 3 1/2 pounds of hamburger meat. While the meat is browning.
 2. Chop two green bell peppers and one yellow onion.
 3. Drain the fat off the browned hamburger into a bowl. **(Do not throw away)**.
Pour about half the drained fat back into the pot **(I reuse a little over 1/2 cup)**, you could use all the fat, but it might make the chili too greasy.
 4. Add the spices you prepared into the pot with the meat and mix.
 5. Add chopped onions and peppers into the pot with the meat and mix.
 6. Add a full box of beef broth or about 32 ounces.
 7. Mix in tomatoes and tomato puree.
 8. Mix it all up and let it cook for 30-45 minutes on medium heat, stir often.
- Serve it up with some shredded real whole fat cheese and/or sour cream. Enjoy.

Crustless Pizza

Ingredients

- 1 can (14.5 oz.) diced tomatoes (use the larger diced pieces)
- 19-20 oz sausage or hamburger or chicken of your choice ←check for hidden sugar in sausage!
- 1/2 tsp dried oregano
- salt and fresh-ground pepper to taste
- 8-12 oz. fresh mushrooms, washed and cut into thick slices
- 1 1/2 C grated Mozzarella cheese
- 15 slices pepperoni (if you like them)
- add any additional (approved!) toppings of your choice (olives, green peppers, onions, bacon)

Directions:

1. Preheat oven to 400F.
2. Spray an 8 inch x 11 inch glass casserole dish with non-stick spray or olive oil.
3. Pour the diced tomatoes into a colander placed in the sink and rinse with cold water. Let tomatoes drain a minute or two, then spread them out on paper towels to dry (or blot dry with another paper towel on top.)
4. While tomatoes dry, cook sausage.
5. When the sausage is done make a layer of sausage in the bottom of the casserole dish and top with the drained tomatoes, spreading them out over the top of the sausage. Season with dried oregano, salt, and fresh-ground black pepper.
6. Layer the mushrooms (and any additional toppings) over the sausage-tomato mixture.
7. Sprinkle the grated Mozzarella over the top of the casserole and lay the pepperoni pieces on top of the cheese, spacing them evenly so the whole top is covered with pepperoni.
8. Bake about 25 minutes, or until the cheese is melted and starting to brown. Serve hot.

Sloppy Joes

Ingredients

- 1 lb lean ground beef, turkey, or pork
- 1/2 C diced green bell pepper (2 oz, or 1/2 of a pepper)
- 1/4 C diced onion (1 oz)
- 1 clove garlic minced or pressed
- 1/4 C tomato paste
- 2 tbsp approved sugar substitute
- 1 tbsp mustard
- 2 tsp vinegar
- 1 C beef broth
- 1/4 tsp each salt and pepper

Instructions

1. Gather ingredients. Chop green bell pepper and onion. Mince or press garlic.
2. Place the ground beef (or turkey or pork) in a medium frying pan and turn the heat to medium. Break meat up into tiny pieces as it cooks. This will take about 7 minutes.
3. When the meat is almost cooked through, stir in all of the other ingredients, finishing with the water, last. Bring up to a simmer, turn down to medium low and simmer uncovered for about 15 minutes. Taste and adjust seasonings.
4. Serves 6 at approximately 1/2 cup per serving.

Save time with peppers and onions by buying them pre-chopped in the frozen veggies section of the grocery store.