

Keto Pumpkin & Beef Skillet Ragu

Hands-on 20 minutes Overall 30 minutes



Nutritional values (per serving, about 1 1/2 cups): Total carbs: 6.2 g, Fiber: 0.9 g,

Net carbs: 5.3 g, Protein: 28.8 g, Fat: 40.7 g, Calories: 508 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (6 servings)

800 g beef, minced, grass-fed (1.76 lb)

500 g pumpkin, diced (1.1 lb)

250 g bacon slices (8.8 oz)

3-4 tbsp fresh parsley

3 tbsp ghee or unsalted butter (45 ml)

1 tbsp paprika

1/2 tsp cayenne pepper

salt and pepper, to taste

garnish with more parsley and serve. Store any leftovers in the fridge fr up to 4 days.

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Instructions

1. Cut the pumpkin in half and remove the seeds. I used Hokkaido pumpkin in this recipe. You can use any winter squash you like, just be aware of the different carbs content (e.g. butternut squash has almost twice the amount of carbs as Hokkaido). You can keep the seeds and use them for roasting.
2. Place the beef into a bowl and keep at room temperature while you prepare the pumpkin.
3. Peel and dice the pumpkin into small cubes.
4. Transfer to a pan greased with 2 tablespoons of ghee (or butter) and briefly roast from all sides. Season with salt and cover with a lid. Stir once or twice to prevent burning and cook for about 10 minutes on low-medium heat.
5. Meanwhile, slice the bacon into thin stripes and roast on a pan until brown. When done, set aside.
6. Mix the beef with the spices (paprika, cayenne pepper and black pepper) and season with salt. Place in another pan greased with 1 tablespoon of butter (or ghee) and cook until brown while stirring frequently.
7. When done, add the crisped up bacon. Remove from the heat and mix in freshly chopped parsley.
8. Add sautéed pumpkin and combine well. Place on a serving plate,