

Easy Keto Chili

Hands-on 20 minutes Overall 1.5-2 hours

Nutritional values (per serving): Total carbs: 9 g, Fiber: 2.8 g, **Net carbs: 6.1 g**,

Protein: 39.1 g, Fat: 41.9 g, Calories: 570 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4-6 servings)

- 500 g minced beef (1.1 lb / 17.6 oz)
- 2 large sirloin / rump steaks (500 g / 1.1 lb / 17.6 oz)
- 3 tbsp [ghee](#) or lard (you can [make your own ghee](#)) (45 g / 1.6 oz)
- 1 medium white onion (110 g / 3.9 oz)
- 4 cloves garlic
- 1/4 cup [tomato puree](#), unsweetened (62 g / 2.2 oz)
- 2 tbsp [coconut aminos](#)
- 2 tbsp [fish sauce](#)
- 1 tbsp chili powder
- 1 1/4 tsp ground cumin
- 1 tsp paprika (regular or smoked)
- 2 tbsp [cocoa powder](#), unsweetened (10 g / 0.4 oz)
- 1/4 tsp [black pepper](#)
- 1/4 tsp cayenne pepper
- 1 tsp dried oregano
- 1-2 bay leaves
- 1 1/4 cup [bone broth](#), vegetable stock or [chicken stock](#) (you can [make your own bone broth](#)) (360 ml / 12 fl oz)
- 2 medium green peppers, chopped (240 g / 8.5 oz)
- 1 tsp salt or more to taste (I like [pink Himalayan](#))
- 1 cup shredded cheddar cheese (110 g / 4 oz)

Optional: 1 cup black coffee

Try with:

[Low-carb Tortillas / Nachos](#) + 1.5 g net carbs per serving

[Cauli-rice](#) - a cup per serving (120 g / 4.2 oz) +3.6 g net carbs

Avocado - 1/4 per serving (100 g / 3.5 oz) +1.8 g net carbs per serving

When looking for ingredients, try to get them in their most natural form (organic, without unnecessary additives).

Instructions

1. Peel and dice the onion and garlic. Place the onion and garlic on a pan greased with ghee and cook over a medium-high heat until fragrant and lightly golden. Mix to prevent burning.
2. Dice the sirloin into 1-inch pieces and add to the pan together with the minced beef. Cook over a medium-high heat until browned from all sides.
3. Mix all the dry spices: chili powder, cumin, paprika, cocoa powder, black pepper and dried oregano.
4. Add the dry spices, tomato puree and bay leaves to the pan with the beef. Season with salt and mix well.
5. Pour in the coconut aminos, fish sauce and bone broth.
6. Reduce the heat, cover the pan with lid and simmer for about 45 minutes or until the meat is tender.
7. Halve, deseed and slice the green pepper and add it to the pan. Cover with the lid and gently simmer for about 10 minutes.
8. When done, take off the heat and set aside. Remove the bay leaves (if you used whole). Once chilled, store in the fridge for up to 5 days.
9. Serve with shredded cheese on top. Try with [Low-carb Tortillas / Nachos](#) or [Cauli-rice](#). Enjoy!

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