

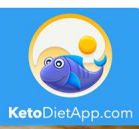
Low-Carb Cheese & Bacon Stuffed Meat Pies

Hands-on 30 minutes Overall 1 hour 30 minutes

Nutritional values (per meat pie): Total carbs: 10.3 g, Fiber: 3 g, **Net carbs: 7.3 g**,

Protein: 44.1 g, Fat: 59.3 g, Calories: 737 kcal,

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



Ingredients (makes 6 mini meat pies)

Filling:

- 500 g ground beef (1.1 lb)
- 4 large slices bacon, chopped (120 g/ 4.2 oz)
- 1 small brown onion, chopped (g/ oz)
- 1 tbsp [coconut aminos](#) (15 ml)
- 2 tbsp tomato sauce/passata (30 ml)
- 1 cup beef stock *or* [bone broth](#) (240 ml/ 8 fl oz)
- 1/2 tsp [xanthan gum](#)

Pie crust:

- 2 1/4 cups shredded mozzarella cheese (250 g/ 8.8 oz)
- 1 cup + 2 tbsp shredded edam cheese (125 g/ 4.4 oz)
- 1/3 cup + 1 tbsp full-fat cream cheese (100 g/ 3.5 oz)
- 1 1/2 cups [almond flour](#) (150 g/ 5.3 oz)
- 2 large eggs
- 1 tsp onion powder
- 6 small chunks of sharp cheddar (66 g/ 2.3 oz)

Instructions

1. Cut the bacon into small strips and dice the onion.
2. Add to a skillet, along with the ground beef. Cook until just browned.
3. Add coconut aminos, passata, beef stock and xanthan gum and stir well to combine. Bring to the boil then reduce the heat and simmer for 30 minutes.
4. Remove from the heat and let cool. Once mixture is cool, heat oven to 200 °C/ 400 °F (fan assisted), or 220 °C/ 425 °F (conventional).
5. Prepare the pie crust. Place the cheeses and cream cheese into a large bowl and microwave for 1 minute. Remove and stir, then return for another 30 seconds. Repeat this once more. Add the

almond meal, onion powder and eggs and mix well until you have a soft dough.

6. Divide into four parts and set one portion aside. Cut each of the remaining three portions in half and then flatten them out into large circles (you will have a total of six circles).
7. Spray a six-hole oversized muffin pan and press the dough into each cup, making sure to leave overhang at the top as the dough will shrink while cooking. Bake for 10 minutes.
8. Remove and spoon some filling in to each cup. Press a chunk of cheddar into the centre.
9. Then top with the remaining filling.
10. Divide the reserved dough into six and flatten out into lids. Lay the lid on top of the pies and gently press around the edges to seal. Cut a couple of steam vents in top of each pie.
11. Return to the oven for 10-15 minutes until golden brown on top.
12. Eat warm, with sugar-free ketchup if you want to feel very Australian. If you can't find sugar-free, you can [make your own keto ketchup](#) in just a few minutes! Store in the refrigerator for up to 5 days.

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