



Nicola Lonie

# KETO CHILLI CON CARNE

## Ingredients:

- 500g minced beef
- 1 tbsp olive oil or butter
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 red pepper, diced
- 1 can (400g) chopped tomatoes
- 2 tbsp tomato paste
- 1 tsp cumin
- 1 tsp smoked paprika
- ½ tsp chilli powder (adjust to taste)
- Salt & pepper to taste

## Optional Toppings

- 1 tbsp sour cream
- Grated cheese
- Fresh coriander
- Jalapeño slices

**Calories** : 400 kcal

**Protein** : 35 g

**Fat** : 28g

**Carbohydrates** : 6g

**Fibre** : 2g

**Sugar** : 3g



## Instructions:

1. Heat olive oil or butter in a pan over medium heat.
2. Add onion, garlic, and red pepper; sauté for 3–4 minutes.
3. Stir in minced beef and cook until browned.
4. Add chopped tomatoes, tomato paste, and spices; stir well.
5. Reduce heat and simmer for 15–20 minutes until thick and rich.
6. Season to taste and serve hot with your favourite toppings.