

Keto Chilli Con Carne

Prep time: 10 mins | Cook time: 30 mins | Serves: 2–3 | Approx. 400 kcal per serving

Ingredients

For the Chilli:

- 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

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.

Nutrition (Approx. per serving)

Calories	Protein	Fat	Carbohydrates	Fibre	Sugar
400 kcal	35 g	28 g	6 g	2 g	3 g