

LOW CARB RECIPES!

1. Burger Night! Bunless burgers served with asian slaw

Burger Recipe

Ingredients:

1 lb ground beef
2-3 cloves minced garlic
1 egg
1 teaspoon of salt
1/2 teaspoon of pepper

Method:

Mix all ingredients together in a bowl. Pat into 4 very thin patties. Grill! I will also grill portobello mushroom and use that as a bottom "bun".

Grill a Portobello mushroom for each burger (brush with olive oil, salt, and pepper to prevent sticking to grill)

Layers mushroom on the bottom as the "bottom bun", the burger, tomato, purple onion, guacamole, and lettuce
Top with lettuce, tomato, guacamole, purple onions- raw or sautéed, mustard

Asian Napa Cabbage Slaw-

Ingredients:

2 cups of napa cabbage, thinly sliced
4 cups of purple cabbage, thinly sliced
2 carrots grated
1 large red bell pepper, finely diced
6-8 green onions, diced
1 broccoli crown, cut in small crowns (lightly steamed, and cooled in ice water)
1/4 cup cilantro

Method:

Toss all in a large bowl

Dressing: 1/4 cup olive oil, 1 tsp. sesame oil, 2 tablespoons of soy sauce, 3 tablespoons of rice vinegar, 2 tablespoons of raw Apple Cider Vinegar, 1/4 tsp. ground ginger or 2 tsp. fresh grated ginger, 2 cloves garlic minced, 1 tsp. srirachi, 1/4 tsp. pepper, salt to taste.

Toss dressing into slaw.

Guacamole

4 avocados
2 cloves of garlic

1 lime, juiced
salt to taste

mix all of this together. add more lime juice, garlic, and salt to taste! keep the pits of the avocado in the guacamole to keep it from turning brown (oxidizing)

broccoli with asian garlic sauce

2. Salmon Patties. Serve with leftover asian slaw, kale salad with warm bacon vinaigrette

1 (14.75 ounce) can salmon, undrained and flaked
3 Tbsp chopped green onion, including the green parts
1 medium garlic clove, minced
3 Tbsp minced green bell pepper or celery
1 egg
1/2 teaspoon sweet paprika
1 teaspoon lemon zest
2 teaspoons lemon juice
1/2 teaspoon salt
Several turns of freshly ground black pepper
3 Tbsp olive oil or avocado oil

1 Mix patty ingredients: In a large bowl, gently mix together the salmon, green onion, garlic, bell pepper or celery, egg, paprika, lemon zest, lemon juice, salt and pepper.

2 Form into 8 patties, each about 1/2 inch thick. Normally this has bread and flour in it, so it sticks together a bit easier. You have to pat it really tight and flip with care.

3 Brown in skillet: Heat oil over medium high heat in a large skillet. Cook the patties until nicely browned on both sides, about 3-4 minutes per side.

Raw Kale Salad with Warm Bacon Vinaigrette

Ingredients

2 lbs kale, washed and thoroughly dried, hard stems removed and massage in your hands to soften ** this is key!
1/3 cup nuts -such as walnuts, pecans or pumpkin seeds
6 slices bacon (paleo sugar free bacon)
2 Tablespoons minced shallots
1/2 cup apple cider vinegar
2 teaspoons packed light brown sugar
1 teaspoon Dijon mustard

Instructions

- 1 Strip kale leaves from the stem, massage the kale in your hands to soften. Add the nuts.
- 2 Cook the bacon in a large sauté pan over medium heat, reserving all drippings and leaving all crunchy bits in the pan. Transfer the bacon to a paper towel-lined plate.
- 3 Return the sauté pan over medium heat and add 3 tablespoons of the reserved bacon drippings back to the pan. (If you don't have 3 tablespoons of drippings, use what you have plus some olive oil.) Add the shallots and sauté 1 minute, stirring constantly. Whisk in the vinegar, mustard and brown sugar, scraping up any brown bits on the bottom of the pan. Remove the vinaigrette from the heat and season with salt and pepper.
- 4 Chop up the reserved bacon and add it to the bowl with the kale and nuts. Toss the kale with the warm dressing and serve immediately. Add slices of parmesan.

3.Mexican Night!

Low Carb Taco Pie

Ingredients

- 1 pound ground beef preferably grass-fed
- 1taco seasoning (recipe to follow)
- 3 green onions thinly sliced
- 1/4 cup salsa
- 1 cup shredded cheese (cheddar, or mexican, etc.)
- 4 large eggs
- 2/3 cup heavy cream preferably grass-fed
- 1/2 teaspoon sea salt

Method

Brown ground beef, add taco seasoning, cook as you would taco meat. Allow to cool a bit.

Preheat oven to 350° Fahrenheit. Prepare a 9" pie pan by greasing with butter or spraying with coconut oil.

In a medium mixing bowl, whisk together the eggs and heavy cream. Stir in the green onions, salsa, 3/4 cup of the cheese, and the salt.

Stir prepared taco meat into the egg mixture. Pour this mixture into the prepared pie pan. Sprinkle remaining cheese on top.

Bake pie in preheated oven for 35-45 minutes or until the top is brown and the pie is set. Allow to cool for 5 minutes before serving.

Serve over a bed of spring mix or romaine, and top with salsa, sour cream, guacamole, sliced green onions, or whatever else you like!

Taco Seasoning Recipe

Ingredients

- 1 tablespoon chili powder (less if you like less spicy)
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon dried oregano
- 1/2 teaspoon paprika
- 1 1/2 teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Directions

In a small bowl, mix together chili powder, garlic powder, onion powder, red pepper flakes, oregano, paprika, cumin, salt and pepper. Store in an airtight container.

Guacamole

- 4 avocados
- 2 cloves of garlic
- 1 lime, juiced
- salt to taste

mix all of this together. add more lime juice, garlic, and salt to taste! keep the pits of the avocado in the guacamole to keep it from turning brown (oxidizing)

Mexican Slaw

Ingredients:

- half of a green cabbage, thinly sliced
- half purple cabbage, thinly sliced
- 3 green onions, thinly sliced
- 1/2 of a red and 1/2 of a green bell pepper, diced
- 1 jalapeno, diced in tiny dices

Dressing for slaw :

Avocado, cilantro, lime dressing made in the blender.

Ingredients:

- 1 avocado
- 1 clove garlic, peeled
- 1/2 cup cilantro, chopped
- 1/4- 1/2 cup plain full fat yogurt
- Juice of 1lime
- 1 teaspoon lime zest

¼ cup olive oil
¼ teaspoon sea salt
¼ teaspoon pepper

Method

Mix in blender and toss in slaw.

4. Chicken Salad. I like to layer this in strips like a cobb salad. A strip of chicken salad, a strip of salad topped with feta cheese, tomatoes, pumpkin seeds, a strip of soft boiled eggs, and a strip of purple slaw.

I always make chicken salad from left over chicken. Pull chicken off the bone.

Recipe:

For 2 Cups of chicken
1/4 cup Primal Kitchen mayonnaise
1-2 Tablespoons of finely diced purple or white onion
1-2 Tablespoons of finely diced celery
1/2 of a Bubbies fermented pickles finely diced
2 pinches of cayenne pepper
Salt and Pepper to taste

Side of slaw

Salad Topped with Feta cheese, tomatoes, and pumpkin seeds

Soft Boiled Eggs

5. Cabbage Beef Soup

Ingredients :

2 Onions
2-3 diced carrots
2 stalks of celery
1 Tablespoon of butter, ghee, olive oil, or avocado oil
2 pounds of ground beef or stew meat
1 can diced tomatoes
1 small head of green cabbage, sliced really thin.
3-4 quarts of quality beef broth
Italian seasoning
Salt
Pepper
Cayenne Pepper

Method:

Sautee 2 medium onions, 2-3 diced carrots, and 2 stalks of diced celery in 1 Tablespoon of butter, ghee, or olive oil. Add 1/4 teaspoon of salt as it is sautéing. Sauté until translucent.

Remove from pot. Add 2 pounds of ground beef or stew meat. Saute, Add 1/2 teaspoon of salt as it is cooking. If stew meat, add salt before you put the stew meat in the pan. Just brown the stew meat. Strain off fat. Add vegetables back to the pot.

Add Broth. Add 1 can of diced tomatoes. Add Cabbage. Sliced really thin.

Italian seasoning, salt, pepper, a few pinches of cayenne pepper if you want a little spice.

6. Instant Pot Chicken “noodle” Soup

Ingredients

- 2 1/2 pounds bone-in chicken thighs (about 6 thighs/1.1 kg)
- 2 tablespoons unsalted butter or avocado oil (30 ml)
- 2 carrots, sliced
- 2 celery stalks, thinly sliced
- 1 onion, diced
- 4 garlic cloves, peeled and diced
- 2 teaspoons salt
- 1/2 teaspoon or so of pepper
- 6 cups chicken stock
- 1 package Miracle Noodles - angel hair noodles (found at whole foods or fresh market)

Method

Using the sauté function on an electric pressure cooker, heat the butter or oil. Add the carrots, celery, onion and garlic. Sauté about 5 minutes, until lightly browned.

Add the chicken. Season everything in the pot with salt. Add peppercorns and bay leaf. Add the chicken stock or water.

Lock the lid in place, seal the vent, and cook for 15 minutes on high pressure. Release the pressure manually.

Use tongs to transfer the chicken to a plate. When the meat is cool enough to handle, shred the meat off the bones, and return the meat to the pot.

Turn the pressure cooker to “sauté” mode, bringing the broth to a simmer.

Open the package of shirataki noodles and drain the noodles in a colander. Rinse well under cold water.

Add the rinsed shirataki noodles to the soup. Simmer 10-15 minutes before serving.

7. Bean Free Chili

Ingredients

2pounds grass-fed ground beef
2tablespoons ghee
3 bell peppers
3 yellow onions chopped
8-10 cloves garlic minced
28 oz diced tomatoes
14 oz tomato sauce
2 cups of bone broth
1tablespoon cumin
1 1/2 to 2 1/2tablespoons chili powder depending upon how spicy you like it
1 teaspoon sea salt
1/2 teaspoon cayenne
2 teaspoons cinnamon
1 tablespoon oregano
1 teaspoon garlic powder
1 teaspoon onion powder

Method

Sauté chopped onions and bell peppers in the ghee for 5-7 minutes, until everything gets nice and tender. Add a few sprinkles of salt and pepper.

Add your grass-fed ground beef into the pot, along with your garlic cloves. Let this cook until your meat turns slightly brown. Go ahead and drain out the excess fat / liquid and return everything to the pot.

Add the diced tomatoes, tomato sauce, broth and all of your spices. Bring this all to a boil, and then bring your heat down to a low simmer. Let this sit and simmer for at least 2 hours.

Serve with fresh, chopped herbs, sliced avocado, shredded cheese, sour cream, whatever you want on top of chili.

8. Cauliflower Pizza (This is a lot of trouble, but it's good if you're craving pizza and think you will cheat!!)

<https://ifoodreal.com/cauliflower-breadsticks/>

I use this crust recipe. I've tried a few others and didn't like them as well. The key is to pat it out so so thin, bake the crust. Then add pizza sauce (thin layer, and it must be no sugar added pizza sauce... I like organic Muir Glen brand.

Top with cheese, pepperoni, sausage, peppers, onion, olives, etc. add then top with parmesan cheese and garlic salt.

9. Ceaser Salad topped with grilled and sliced steak or grilled shrimp

Ingredients

1/2 cup high quality extra virgin olive oil
4 cloves fresh garlic, peeled, smashed, then minced
1 baguette, preferably a day old, sliced thin
1/4 cup freshly juiced lemon juice (plus more to taste)
4 ounces Parmesan cheese, grated
1 teaspoon anchovy paste, or 1-2 anchovies, smashed and minced
2 eggs, fresh pastured eggs (if you're concerned about raw eggs you can coddle the eggs first by immersing them in boiling water for 1 minute, before cracking them open)
Freshly ground black pepper (1/4 teaspoon or to taste)
1/2 teaspoon salt
4-6 small heads of romaine lettuce, rinsed, patted dry, wilted outer leaves discarded

Method

1 In a very large bowl, whisk together the olive oil and garlic. Let sit for half an hour.

3 Make the dressing: Add anchovies and eggs to the oil garlic mixture. Whisk until creamy. Add salt and pepper and 1/4 cup of lemon juice. Whisk in half of the Parmesan cheese. Taste, add more lemon juice to taste. The lemon should give an edge to the dressing, but not overwhelm it.

4 Tear off chunks of romaine lettuce: Using your hands, tear off chunks of lettuce from the heads of romaine lettuce (do not use a knife to cut). Add to the oil mixture and toss until coated. Add the rest of the Parmesan cheese, toss.

10. Bed of Asian slaw with Grilled Teriyaki finger steaks on top

Asian Napa Cabbage Slaw

Ingredients

2 cups of napa cabbage, thinly sliced
4 cups of purple cabbage, thinly sliced
2 carrots grated
1 large red bell pepper , finely diced
6-8 green onions, diced

1 broccoli crown, cut in small crowns (lightly steamed, and cooled in ice water)
1/4 cup cilantro

Method

Toss all in a large bowl with dressing

Dressing: 1/4 cup olive oil, 1 tsp. sesame oil, 2 tablespoons of soy sauce, 3 tablespoons of rice vinegar, 2 tablespoons of raw Apple Cider Vinegar , 1/4 tsp. ground ginger or 2 tsp. fresh grated ginger, 2 cloves garlic minced, 1 tsp. srirachi, 1/4 tsp. pepper, salt to taste.

Teriyaki Skewers

Ingredients :

2 pounds of some type of thin steak or cubed steak sliced against the grain
1/4 cup avocado oil
3/4 cup soy sauce
1/3 cup sliced onion
2 cloves of garlic, minced

marinate for 1 hour, put on skewer sticks , grill 3-5 minutes per side

11. Mexican Chicken Soup

3 pounds chicken breasts, boneless, and skinless
3 tablespoons oil, your choice, divided
3 teaspoons of taco seasoning
plus 1-2 tablespoons of taco seasoning to add to the soup
1 large or 2 medium onions, diced
6 cloves garlic, minced
2 jalapeno peppers, diced
1 to 2 poblano peppers, diced
2 quarts chicken stock
1 (28-ounce) can fire roasted tomatoes or regular canned tomatoes
juice of 2 limes
1 cup cilantro, chopped

avocado, cubed and fresh cilantro, diced, to garnish.

Shredded cheese and sour cream to top

Preheat your oven to 375°F.

Place your chicken breasts in a large baking pan and pour 1 tablespoon of oil over all, coating well. Sprinkle your fajita seasoning over the chicken, coating well, and place in the oven.

Cook for about 30 to 45 minutes until cooked through and liquid from chicken runs clear. Remove the skin and bones from the chicken. Using two forks, shred the chicken.

Meanwhile, in a large dutch oven over medium heat, heat the remaining 2 tablespoons of oil, and when hot, add the onions. Cook until onions are translucent, about 4 to 6 minutes.

Add the garlic and peppers and saute for about 1 to 2 minutes, until fragrant.

Pour in the chicken stock, fire roasted tomatoes, and taco seasoning and bring to a medium simmer.

OR to cook the chicken and broth: boil a whole chicken with carrots, onions, garlic, and celery. Remove chicken and take meat off of the bones. Remove and discard the vegetables (was to flavor the broth) and use the broth from the chicken.

12. Steamed fish with Warm Butter Sauce, marinated and grilled cauliflower, sautéed green beans with garlic, purple slaw (girls favorite slaw) Recipe to come!

13. Big Stir Fry:

Options: Flank Steak Stir Fry, Onions, Peppers, Broccoli, Snow Peas

or

1/2 purple cabbage, 1 purple onion, mushrooms, salt, pepper, red pepper flakes, add steamed kale.

Marinate shrimp: lime juice, olive oil cayenne (pinch), salt, and pepper. Cook in skillet or grill, then add to cabbage stir fry.