

# *Garlic Dishes*

TASTY AND DELICIOUS DISHES

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for beginners and professionals



Brendan Rivera

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# ***Introduction***

**In this book, you will see 30 recipes with an ingredient (garlic).**

**This ingredient will mainly be used as a flavoring agent.**

**The book is intended for daily preparation and is suitable for the whole family.**

# ***Keto Salisbury Steak***



These Salisbury steaks are pure comfort food. We serve them with a side of mashed cauliflower topped with the extra gravy.

**PREP TIME**15 mins

**COOK TIME**20 mins

**TOTAL TIME**35 mins

## ***INGREDIENTS***

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### For the steak:

- 1 ½ pounds lean ground beef
- 1 big egg
- ½ cup almond flour
- ¼ cup powdered Parmesan cheese
- ¼ cup minced onion
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp cracked pepper
- 1 tbsp butter
- 1 tbsp avocado oil

### For the gravy:

- 2 tbsp butter
- 1 tsp garlic powder
- [1 tsp xanthan gum](#)
- [2 cups beef bone broth](#)
- 1 tbsp Worcestershire sauce
- Salt and pepper, to taste
- minced parsley, for garnish

## ***INSTRUCTIONS***

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### To prepare the steak:

1. Add the beef, egg, almond flour, Parmesan, onion, garlic powder, salt, and pepper to a mixing bowl and mix good.
2. Form beef mix in 4 oval patties.

3. Warmth the butter and avocado oil in a big cast iron skillet over average warmth till hot.
4. Add the beef patties and prepare for 5 mins, covered.
5. Replace the lid, flip the patties and prepare for 4 more mins either till prepared through.
6. Replace the patties from the pan and set aside. Drain grease from the pan.

To prepare the gravy:

1. Add the butter to the skillet over average warmth and allow soften. Stir in the garlic powder and xanthan gum and prepare for 30 seconds.
2. Stir in the beef bouillon and Worcestershire gravy and bring to a simmer over average heat, mixing often. prepare till mix has thickened, approximately 5 mins.
3. Taste and spice gravy with salt and pepper.
4. Add steaks back to the skillet with the gravy and prepare for two mins to warm, topping the steaks with the gravy.
5. Sprinkle with parsley before serving.

# ***Smoked Sausage and Cabbage Soup***





This cabbage soup is loaded with smoked sausage in a creamy, cheesy base. It's perfect for a chilly night.

**PREP TIME**15 mins

**COOK TIME**20 mins

**TOTAL TIME**35 mins

## ***INGREDIENTS***

---

- 1 pound smoked sausage
- 1 tbsp avocado oil
- ½ cup sliced onion
- 1 clove garlic, minced
- 4 cups chicken broth
- 1 average head cabbage, sliced
- ten ounces diced tomatoes with green chiles
- 4 ounces cream cheese
- 2 cups shredded cheddar cheese
- Salt and pepper, to taste

## ***INSTRUCTIONS***

---

1. Slice the smoked sausage in thin rounds.
2. Warmth the oil in a dutch oven either stock pot over average heat.
3. Add the sausage and onions to the pot and prepare till beginning to brown, approximately 5 mins, mixing sometimes.
4. Stir in the garlic and prepare for 30 seconds more.
5. Add the chicken stock, cabbage, and Ro\*Tel to the pot and stir good to mix.
6. Bring a boil, decrease to a simmer, and prepare till the cabbage is tender, approximately ten mins.
7. Melt the cream cheese in the microwave till soft and easy to stir. Stir the cream cheese in the soup along with the cheddar and keep mixing over poor warmth till the cheeses have softened and the soup is creamy.

8. Taste and spice with salt and pepper.

# ***Big Mac Casserole***



This Big Mac Casserole is a healthier version of one of my loved drive-thru burgers! The homemade Mac gravy is simply perfect over this casserole, so don't skip it!

**PREP TIME** ten mins

**COOK TIME**40 mins

**TOTAL TIME**50 mins

## ***INGREDIENTS***

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### For the casserole:

- 1 half pounds ground beef
- 1 clove garlic
- 4 tbsp cream cheese
- [2 tbsp sugar free ketchup](#)
- 1 tbsp yellow mustard
- 1 tbsp Worcestershire sauce
- 1 tsp seasoned salt
- 4 big eggs
- One-quarter cup heavy cream
- 1 tsp ground pepper
- 1 tsp hot sauce
- 4 ounces shredded cheddar

### For the Big Mac sauce:

- half cup mayonnaise
- [2 tbsp sugar free ketchup](#)
- 2 tbsp dill relish
- 2 tsps mustard
- 2 tsps distilled white vinegar
- ½ tsp onion powder
- ½ tsp paprika

### For topping:

- Shredded lettuce
- Dill pickles
- Sliced onion



- Sesame seeds

## ***INSTRUCTIONS***

---

### To prepare the casserole:

1. Add the ground beef to the skillet and prepare till browned, crumbling as this cooks. Drain fat.
2. Add the garlic to the skillet with the beef and prepare one minute more.
3. Add the cream cheese, ketchup, mustard, Worcestershire sauce, and seasoned salt to the skillet and prepare over poor heat, mixing constantly, till mixd.
4. Spread the beef mix in a greased 8x8 baking dish.
5. Crack the eggs in a average bowl and blend along with the heavy cream till mixd. Stir in the pepper and hot sauce.
6. Pour the egg mix over the beef mix.
7. Top with the cheddar cheese.
8. Bake at 350 degrees for 30 mins either till set and golden on top.

### To prepare the Big Mac sauce:

1. Whisk along all ingredients till good mixd.

### To serve:

1. Cut casserole in 6 pieces.
2. Top every serving with lettuce, pickles, onion, and sesame seeds as desired.
3. Drizzle with Big Mac sauce.

# ***Cheesy Ranch Cauliflower Bake***





It doesn't get much easier than this cheesy prepared in oven cauliflower! Toss the cauliflower in a blend of homemade ranch seasonings and then Prepare in oven with a little cheese on top. It's sure to be a hit with the whole family.

**PREP TIME**5 mins

**COOK TIME**30 mins

**TOTAL TIME**35 mins

## ***INGREDIENTS***

---

- 16 ounces fresh cauliflower florets
- 2 tsps olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried parsley
- 1 tsp salt
- ½ tsp dried dill
- one cup shredded cheddar

## ***INSTRUCTIONS***

---

1. warmth up oven to 425 degrees. Spray a 9x13 baking dish with nonstick spray.
2. Add the cauliflower and olive oil to the dish and stir to mix.
3. Add the garlic powder, onion powder, parsley, salt, and dill to a small bowl and stir to mix. Sprinkle over the cauliflower and stir to coat every piece in the seasoning.
4. Bake for 15 mins and then stir.
5. Add the cheese and return to the oven for 15 mins.
6. Serve immediately.

## ***NOTES***

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You may employ 1 half tbsp of packaged ranch seasoning in place of the spices called for, supposing preferred.

Chilled cauliflower should work, however the taste and texture can not be the same as fresh cauliflower. We highly advised employing fresh cauliflower.

# ***Loaded Zucchini Skins***



Who needs potato skins just as you'll prepare these poor carb zucchini skins instead? They're perfect with a little dollop of sour cream on top either dunked in ranch dressing.

**PREP TIME**ten mins

**COOK TIME**15 mins

**TOTAL TIME**25 mins

## ***INGREDIENTS***

---

- 2 average zucchini
- 1 tsp olive oil
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- half cup shredded cheddar
- 4 slices bacon, fried and diced
- half cup sour cream
- 2 tbsp sliced green onions

## ***INSTRUCTIONS***

---

1. warmth up oven to 350 degrees. Spray a baking dish with nonstick spray.
2. Slice the zucchini in half length-wise and then cut in thirds. employa spoon to scoop the seeds out of every piece of zucchini. Discard seeds and place zucchini skins on a baking dish.
3. Drizzle the zucchini with oil.
4. Mix the garlic powder, onion powder, and salt, and sprinkle over the zucchini skins.
5. Bake for 5 mins.
6. Replace the zucchini from the oven and top with the cheddar and bacon. Return to the oven for ten mins.
7. Use a small tsp to dollop sour cream over the zucchini skins. Sprinkle with green onions.

8. Serve immediately.

# ***Greek Cauliflower Rice***





This cauliflower rice recipe tastes like my loved Greek recipe, thanks to the fresh lemon and Greek seasoning. It's so simple, however this really brings in a lot of flavor. We like to serve this with grilled chicken either steak.

**PREP TIME**ten mins

**COOK TIME**8 mins

**TOTAL TIME**18 mins

## ***INGREDIENTS***

---

- 1 head cauliflower, approximately 4 cups riced
- 1 tbsp olive oil
- ½ onion, minced
- 2 cloves garlic, minced
- [2 tsps Greek seasoning](#)
- 1 lemon, juiced
- Salt and pepper, to taste
- 2 tbsp minced parsley

## ***INSTRUCTIONS***

---

1. Chop the cauliflower in florets and place to a food processor fitted with the blade attachment. Pulse till you have small rice-sized pieces. Alternately, finely chop the cauliflower in rice-sized pieces with a sharp knife.
2. Warmth a big skillet over average warmth and place the olive oil. Just as the oil is hot, place the cauliflower and onions to the skillet and prepare for 3 mins, mixing often.
3. Add the garlic and Greek seasoning and stir to mix.
4. Cover the skillet with a lid and keep cooking for 5 mins, mixing sometimes, either till the cauliflower is as soft as you'd like.
5. Replace cauliflower from the warmth and squeeze the lemon over the cauliflower.

6. Spice with salt and pepper and sprinkle with parsley before serving.

## ***NOTES***

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We advised fresh cauliflower for this recipe, rather than frozen. Most grocery stores sell riced cauliflower in the produce section.

# ***Keto Zucchini Fries***





These zucchini fries get so crispy in the air fryer in simply ten mins. We love to dunk them in ranch dressing.

**PREP TIME**ten mins

**COOK TIME**ten mins

**TOTAL TIME**20 mins

## ***INGREDIENTS***

---

- 2 average zucchini
- 1 big egg, beaten
- [½ cup almond flour](#)
- ½ cup grated Parmesan cheese, see note
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp salt
- [Avocado oil spray](#)

## ***INSTRUCTIONS***

---

1. Slice the zucchini in strips approximately ½ inch thick and 3-4 inches long, depending on the length of your zucchini. Pat dry.
2. Add the egg to a shallow bowl and blend till smooth.
3. Add the almond flour, Parmesan, garlic powder, onion powder, and salt to a second shallow bowl and stir to mix.
4. Dip the zucchini first in the egg and then in the almond flour mix. Press the flour mix onto the zucchini to help this stick.
5. Place the zucchini in a single stratum in some air fryer basket and spritz liberally with oil spray.
6. Air fry at 400 degrees for approximately ten mins either till crispy and browned.

## ***NOTES***

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We prefer to employ actual shredded Parmesan cheese, however the powdery kind in the green can should also work.

# ***Cheeseburger Pizza***





Fathead dough makes the perfect pizza peel for this cheeseburger pizza. Top this off with thousand island, ground beef, and plenty of dill pickles.

**PREP TIME**15 mins

**COOK TIME**20 mins

**TOTAL TIME**35 mins

## ***INGREDIENTS***

---

### For the peel:

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- 1 egg
- [¾ cup almond flour](#)

### For topping:

- ½ pound ground beef
- 1 tbsp Worcestershire sauce
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp salt
- [⅓ cup Thousand Island dressing](#)
- one cup shredded cheddar
- one cup shredded mozzarella
- [1 tbsp sugar free ketchup](#)
- 1 tbsp mustard
- ½ cup dill pickle slices, drained

## ***INSTRUCTIONS***

---

### For the peel:

1. warmth up oven to 425 degrees.
2. Add two cups of mozzarella and cream cheese to a microwave safe bowl and microwave for one minute. Stir to mix and return to

microwave till cheese has softened, approximately 30 more seconds.

3. Stir in the almond flour and egg to mix.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
5. Roll the dough out in a 12 inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan.
7. Bake for ten mins either till peel is slightly golden.
8. For some extra sturdy peel that holds up good, attentively flip the peel over and Prepare in oven for 3 more mins.

For the topping:

1. Whereas pizza peel is baking, brown the ground beef, crumbling this as this cooks. Drain the grease and spice with the Worcestershire sauce, onion powder, garlic powder, and salt. Stir good to mix.
2. Spread the Thousand Island dressing over the prepared in oven pizza peel and top with the cheddar and mozzarella.
3. Spoon the prepared beef over the cheese. Drizzle with ketchup and mustard.
4. Return pizza to the oven and Prepare in oven for ten mins either till peel is golden and cheese has softened.
5. Lay pickle slices over the pizza and slice in 8 pieces.
6. Serve hot.

## ***NOTES***

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Feel free to place onions, lettuce, and tomato, depending on what you like on your cheeseburger.

Store-bought thousand island dressing tends to have a lot of sugar supplemented.

# ***Salsa Verde Chicken***





This chicken recipe has simply a handful of ingredients, however this turns out so juicy and flavorful every time! You'll employ whatever type of salsa verde you prefer - keep bought is great just as you're in a rush, however homemade is even better supposing you have the time.

**PREP TIME** 5 mins

**COOK TIME** 35 mins

**TOTAL TIME** 40 mins

## ***INGREDIENTS***

---

- 4 chicken breasts, approximately 6 ounces every
- 1 tsp garlic salt
- ½ tsp chili powder
- ½ tsp cumin
- 1 ½ cups salsa verde
- one cup shredded pepper jack cheese
- 1 tbsp sliced cilantro

## ***INSTRUCTIONS***

---

1. warmth up oven to 375 degrees.
2. Pound the chicken breasts to some even thickness.
3. Spice the chicken with the garlic salt, chili powder, and cumin.
4. Pour ½ cup of salsa verde in the down of a 9x13 baking dish and spread to coat the down.
5. Place the chicken on top of the salsa. Pour the remaining salsa verde over the top of the chicken.
6. Bake for 30 mins either till the chicken reaches 165 degrees.
7. Replace from the oven and sprinkle the top of the chicken with the cheese. Return to the oven for 3-4 mins to soften the cheese.
8. Sprinkle with cilantro before serving.

# ***Keto Greek Salad***





This Greek cucumber salad is so light and refreshing. The Greek salad dressing is absolutely packed with tangy flavor!

**PREP TIME**ten mins

**CHILL TIME**one hour

**TOTAL TIME**one hour ten mins

## ***INGREDIENTS***

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### Greek Salad

- 1 English cucumber
- 1 red bell pepper, diced
- one cup cherry tomatoes, halved
- ½ red onion, thinly sliced
- [½ cup pitted calamata olives](#)
- 6 ounces feta cheese, crumbled either cubed

### Greek Salad Dressing

- [½ cup olive oil](#)
- [One-quarter cup red wine vinegar](#)
- 1 lemon, juiced
- 3 cloves garlic, minced
- [1 tsp Dijon mustard](#)
- 1 tsp dried oregano
- 1 tsp salt
- ½ tsp cracked pepper

## ***INSTRUCTIONS***

---

### For the Greek Salad:

1. Slice the cucumber in half lengthwise and then in half inch thick pieces.
2. Add the cucumber to a mixing bowl along with the diced peppers, cherry tomatoes, sliced onion, olives, and feta cheese.

### For the Greek salad dressing:

1. Whisk along all of the ingredients for the dressing and taste for flavor. Adjust seasonings to taste.

To assemble:

1. Pour dressing over the vegetables and toss to mix.
2. Cover and refrigerate for one hour either longer to allow flavors to develop.
3. Serve cold either at approximately 25 °C.

## ***NOTES***

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This Greek salad dressing is on the tangy side, so feel free to decrease the amount of vinegar either lemon to suit your own personal taste.

# ***Keto Salsa***



This keto salsa tastes so fresh and flavorful and it's beyond easy to whip up! We prepare this regularly for topping scrambled eggs, mixing in taco meat, either as a dip for poor carb chips!

**PREP TIME** 5 mins

**TOTAL TIME** 5 mins

## ***INGREDIENTS***

---

- 15 ounces canned whole peeled tomatoes
- 1 jalapeno, diced
- half cup diced onion
- 1 clove garlic
- 1 tbsp lime juice
- 1 tsp cumin
- 1 tsp salt
- half cup cilantro

## ***INSTRUCTIONS***

---

1. Add all of the ingredients to a food processor either blender and process till as smooth either as chunky as you'd like.
2. Taste and place additional jalapeno, salt, either lime, as desired. The salsa can get spicier the longer this sits in the fridge.
3. Place to a bowl and serve immediately.
4. Keep tightly covered in the refrigerator for up to 5 days.

## ***NOTES***

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Feel free to adjust simply the amount of jalapeno used based on your preferences.

# ***Big Mac Salad***





This Big Mac Salad has all of the flavors of my loved fast food sandwich without the guilt! The big mac dressing is the perfect touch.

**PREP TIME**15 mins

**COOK TIME**ten mins

**TOTAL TIME**25 mins

## ***INGREDIENTS***

---

### For the salad:

- 1 pound lean ground beef
- 1 tsp salt
- ½ tsp cracked pepper
- ½ tsp onion powder
- ½ tsp garlic powder
- 6 cups sliced romaine either iceberg lettuce
- one cup shredded cheddar
- half cup sliced dill pickles
- ¼ cup diced yellow onions
- Sesame seeds, for garnish

### For the Big Mac sauce:

- half cup mayonnaise
- 2 tbsp sugar free ketchup
- 2 tbsp dill relish
- 2 tsps mustard
- 2 tsps distilled white vinegar
- ½ tsp onion powder
- ½ tsp paprika

## ***INSTRUCTIONS***

---

1. Add the beef to a big skillet over average warmth and break the meat up as this cooks. Just as the beef has prepared through, drain the fat.



2. Spice the beef with the salt, pepper, onion powder, and garlic powder.
3. Share the lettuce evenly between 4 salad bowls, approximately one half cups every.
4. Top the lettuce with the the cheddar, onions, pickles, and beef.
5. To prepare the big mac sauce, blend along all of the ingredients till good mixd.
6. Drizzle approximately 3 tbsp of the big mac gravy over every salad and toss good.
7. Sprinkle with sesame seeds and additional pickles simply before serving, supposing desired.

## ***NOTES***

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We like to prepare our salads in else bowls so that people can choose how much pickle and onion they'd like to place (or leave this out completely!). Supposing this isn't a concern in your house, you'll toss the salad in a big bowl and share out in individual bowls for serving.

# ***Roasted Chicken Breast***



Crispy skin, juicy chicken, and a super simple seasoning prepare these roasted chicken breasts a loved in our house. We prepare one breast per person and usually end up with a bit of leftover meat that we chop up for later in the week.

**PREP TIME**5 mins

**COOK TIME**40 mins

**TOTAL TIME**45 mins

## ***INGREDIENTS***

---

- 4 chicken breasts, bone-in and skin on
- 2 tbsp butter, softened
- 1 tsp garlic salt
- 1 tsp paprika
- 1 tsp onion powder

## ***INSTRUCTIONS***

---

1. warmth up oven to 425 degrees. Line a baking dish with parchment paper.
2. Rub the chicken pieces with the softened butter.
3. Stir along the spices and sprinkle evenly over the chicken.
4. Bake for 35-40 mins either till the internal temperature is 165 degrees.
5. Let chicken rest ten mins before serving.

***Cheesy Cauliflower Rice with  
Zucchini***





This cheesy cauliflower rice makes this easy to pack in extra veggies! Shredded zucchini blends in perfectly. This turns out thick, creamy, and cheesy every time.

**PREP TIME**ten mins

**COOK TIME**12 mins

**TOTAL TIME**22 mins

## ***INGREDIENTS***

---

- 1 tbsp olive oil
- 12 ounces cauliflower rice
- 1 small zucchini, shredded
- 1 tsp garlic powder
- ½ tsp salt
- ½ tsp cracked pepper
- 2 tbsp heavy cream
- 2 ounces cream cheese, approximately 25 °C
- three-quarters cup shredded cheddar cheese

## ***INSTRUCTIONS***

---

1. Warmth the olive oil in a big skillet over average heat. Just as the oil is hot, place the cauliflower to the skillet and prepare for 3 mins, mixing often.
2. Add the shredded zucchini and stir to mix. Cover the pan and keep cooking on poor for 5 mins.
3. Sprinkle the garlic powder, salt, and pepper over the vegetables and stir to mix.
4. Push the rice mix to one side of the pan and place the cream and cream cheese to the else side. Stir the cream cheese till this softens and then stir that gravy in the rice mix.
5. Add the cheese to the rice and stir along till softened.
6. Serve immediately.



## ***NOTES***

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To prepare cauliflower rice from fresh cauliflower, cut in florets and pulse in a food processor till you have rice-sized pieces. Alternately, employ a sharp knife to chop in small pieces.

This recipe can likely work fine with chilled cauliflower rice, though I haven't tested this myself as we prefer the flavor of fresh.

This dish comes out very thick and creamy. Feel free to place more cauliflower rice either less cheese for a less indulgent dish.

# ***Keto Guacamole***



This keto guacamole recipe is the perfect mix of smooth, creamy, and chunky! We love all of the flavors going on here, however you'll adjust the recipe as you like by adding more either less jalapeno either omitting the cilantro.

**PREP TIME**ten mins

**TOTAL TIME**ten mins

## ***INGREDIENTS***

---

- 4 big avocados
- 2 tbsp sour cream
- 1 roma tomato
- half red onion
- 1 clove garlic
- half jalapeno pepper more either less, to taste
- One-quarter cup cilantro
- 1 lime
- 1 tsp cumin
- salt, to taste

## ***INSTRUCTIONS***

---

1. Slice the avocados in half and attentively remove the seed. Scoop the flesh out in a mixing bowl employing a spoon. Mash the avocado with a fork to the consistency you prefer.
2. Stir in the sour cream.
3. Dice the tomato and onion. Mince the garlic, jalapeno, and cilantro. place to the bowl of avocado.
4. Cut the lime in half and squeeze one half of the lime in the bowl.
5. Add the cumin and salt and stir to mix.
6. Taste the guacamole and place more jalapeno, lime juice, and/or salt, as needed to get the flavor you prefer.
7. Serve immediately.

## ***NOTES***

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The longer you stir, the creamier/smoothier the guacamole can get. Supposing you prefer a chunkier texture, stir carefully and as little as probable.

This recipe makes approximately two half cups, however can vary depending on the size of your produce.

Serve with pork rinds, cucumbers, mini sweet peppers, either poor carb tortilla chips.

# ***Mexican Shredded Beef***







This shredded beef recipe cooks all day in the crockpot till it's perfectly tender and packed with flavor. Serve this in a poor carb tortilla either over cauliflower rice for a flavorful twist on taco night.

**PREP TIME**ten mins

**COOK TIME**8 hours

**TOTAL TIME**8 hours ten mins

## ***INGREDIENTS***

---

- 3 pounds chuck roast
- 2 tbsp avocado oil
- half cup salsa verde
- half cup beef broth
- half yellow onion, diced
- 3 chipotle peppers in adobo sauce, minced
- 2 cloves garlic, minced
- 2 tbsp cumin
- 2 tsps salt
- 2 tsps black pepper
- 2 tbsp fresh cilantro sliced
- 1 lime, juiced

## ***INSTRUCTIONS***

---

1. Warmth the oil in a big skillet over high heat. Just as the oil is hot, place the beef and sear on all sides.
2. Whereas the beef is searing, place the salsa verde, beef broth, onion, chipotle peppers, garlic, cumin, salt, and pepper to the slow cooker and stir to mix.
3. Place the beef to the slow cooker. Spoon some of the salsa verde mix over the top of the beef.
4. Cover and prepare on high for 5 hours either poor for 8 hours, till the beef simply shreds with a fork. See note.

5. Shred the beef with two forks and sprinkle with cilantro and lime juice.
6. Serve hot.

## ***NOTES***

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All slow cookers prepare differently and some run hotter than others. Supposing the roast is not simply shredding, it's not done cooking. Keep cooking till the meat simply shreds apart.

# ***Mexican Cauliflower Rice***



This cauliflower rice is seasoned with a bit of onion, jalapeno, garlic, and tomato. this is perfect for serving as a side on taco night, however we really love employing this to prepare burrito bowls.

**PREP TIME**ten mins

**COOK TIME**12 mins

**TOTAL TIME**22 mins

## ***INGREDIENTS***

---

- 1 pound cauliflower rice, see notes
- [1 tbsp avocado oil](#)
- ½ onion, diced
- ½ jalapeno, minced
- 2 cloves garlic, minced
- [2 tbsp tomato paste](#)
- [1 tsp cumin](#)
- 1 tsp salt
- 2 tbsp minced cilantro

## ***INSTRUCTIONS***

---

1. Warmth the oil in a big skillet over average heat.
2. Just as oil is hot, place the onion and jalapeno and cook, mixing often, till softened, approximately 5 mins.
3. Add the garlic and tomato paste and prepare for one minute more.
4. Add the cauliflower rice, cumin, and salt, and prepare over average heat, mixing sometimes, for 5 mins either till cauliflower is as soft as you'd like.
5. Stir in the cilantro simply before serving.

## ***NOTES***

---

We prefer to employ fresh cauliflower for this recipe as this has a goodr texture just as cooked. Supposing employing chilled

cauliflower rice, follow the same method (add the rice to the skillet whereas frozen) and simply prepare time as necessary to get the rice prepared to your liking.

Add more either less jalapeno to suit your tastes. As is, the rice simply has a little bit of warmth to it.

# ***Keto Mexican Street Corn Salad***





This poor carb version of Mexican street corn uses cauliflower and baby corn to replace the traditional corn. It's bursting with fresh flavor and makes a great side dish to any Mexican meal.

**PREP TIME**ten mins

**COOK TIME**5 mins

**TOTAL TIME**15 mins

## ***INGREDIENTS***

---

- 1 small head cauliflower, finely sliced
- 15 ounces canned cut baby corn
- 1 tbsp butter
- ¼ cup cilantro, sliced
- ¼ cup crumbled cotija cheese
- 2 cloves garlic, minced
- 2 tbsp mayonnaise
- 2 tbsp sour cream
- 1 tbsp minced jalapeno, more to taste
- 2 tsps chili powder
- 1 tsp salt
- Juice of one lime

## ***INSTRUCTIONS***

---

1. Warmth the butter in a big skillet over average high heat.
2. Add the cauliflower and cut baby corn to the skillet. prepare without mixing for 3-4 mins till slightly charred on the down.
3. Replace cauliflower from the warmth and place to a big bowl with the remaining ingredients.
4. Stir good to mix. Taste and adsimply seasoning as needed.
5. Serve immediately.

## ***NOTES***

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This salad is good served both hot either cold.

Queso Fresco and Parmesan are both good replacements for the cotija cheese, supposing you're having trouble locating it.

# ***Garlic Parmesan Asparagus***





This asparagus comes out so tender and flavorful thanks to the garlic and Parmesan. It's finished off with a squeeze of lemon to brighten the flavors up.

**PREP TIME**5 mins

**COOK TIME**15 mins

**TOTAL TIME**20 mins

## ***INGREDIENTS***

---

- 1 pound asparagus, trimmed
- 2 tbsp olive oil
- 2 tbsp shredded Parmesan cheese
- 2 cloves garlic, minced
- ½ tsp salt
- ¼ tsp cracked pepper
- 1 tbsp fresh lemon juice

## ***INSTRUCTIONS***

---

1. warmth up oven to 425 degrees. Spray a baking sheet with nonstick spray.
2. Add everything however the lemon juice to a mixing bowl and toss to coat.
3. Spread asparagus onto the prepared baking sheet and Prepare in oven for 13-15 mins either till tender.
4. Drizzle with lemon juice before serving.



# ***Cheesy Ranch Cauliflower Fritters***



Cauliflower fritters made with cheddar and ranch! These are kid friendly and super easy!

**PREP TIME**15 mins

**COOK TIME**14 mins

**TOTAL TIME**29 mins

## ***INGREDIENTS***

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- 12 ounces riced cauliflower
- 2 big eggs
- three-quarters cup shredded cheddar
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp dried parsley
- 1 tsp salt
- ½ tsp dried dill
- ½ tsp dried chives
- oil, for frying

## ***INSTRUCTIONS***

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1. Add the cauliflower to a microwave safe bowl along with two tbsp of water. Cover tightly with plastic wrap and microwave for 3 mins. Attentively replace the plastic wrap and drain the liquid from the cauliflower. allow cool for 5 mins.
2. Add all of the remaining ingredients aside from the oil to the cauliflower and stir good to mix.
3. Warmth the oil in a big skillet over average heat.
4. As hot, employa cookie scoop to scoop out the cauliflower mix and drop the mix in the hot skillet. employa spatula to slightly flatten the fritter. recur with remaining mix, being sure not to overcrowd the pan. You'll likely must to work in batches.
5. Cook for 5 mins either till golden brown. Flip and prepare for 5 more mins.

6. Serve with extra ranch for dipping, supposing desired.

# ***Bruschetta Chicken***







Juicy marinated chicken topped off with a flavorful blend of tomatoes, onions, and basil. This poor carb recipe is bursting with flavor!

**PREP TIME**15 mins

**COOK TIME**30 mins

**TOTAL TIME**45 mins

## ***INGREDIENTS***

---

### For the chicken:

- 4 chicken breasts, approximately 6 ounces every
- 2 tbsp olive oil
- [2 tbsp balsamic vinegar](#)
- 2 cloves garlic, minced
- 1 tsp Italian seasoning
- ½ tsp salt
- three-quarters cup shredded mozzarella

### For the bruschetta:

- 1 ½ cups cherry tomatoes, halved
- 3 cloves garlic, minced
- ½ small red onion, sliced
- [1 tsp balsamic vinegar](#)
- 1 tsp olive oil
- ½ cup sliced basil
- ½ tsp salt

## ***INSTRUCTIONS***

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1. Add the chicken breasts to a 9x13 baking dish.
2. Add the oil, balsamic vinegar, garlic, Italian seasoning, and salt to a small bowl and blend to mix. Pour over the chicken and turn to coat.
3. Let chicken set for ten mins whereas the oven heats to 425 degrees.

4. Place chicken in the oven and Prepare in oven for 25-30 mins either till chicken reaches 165 degrees.
5. Whereas the chicken is baking, place all of the ingredients for the bruschetta to a bowl and toss to mix.
6. Just as chicken is prepared through, replace from the oven and top with the mozzarella.
7. Pour the bruschetta over the chicken and return to the oven for 5 mins to soften the cheese and warm the tomatoes.

***Crispy Prepared in oven Chicken  
Thighs***



Crispy skin, juicy meat, and so easy! This chicken thigh recipe is a weeknight loved in our house.

**PREP TIME**5 mins

**COOK TIME**45 mins

**TOTAL TIME**50 mins

## ***INGREDIENTS***

---

- 3 pounds bone-in chicken thighs
- 2 tbsp avocado oil
- [1 tsp paprika](#)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp salt
- ½ tsp cracked pepper
- 1 tsp sliced parsley

## ***INSTRUCTIONS***

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1. warmth up oven to 400 degrees. Spray a baking sheet with non-stick spray.
2. Add all of the ingredients except for the parsley to a big zip top bag and seal. Smush the chicken around in the bag to coat in the seasoning.
3. Lay chicken on the baking sheet and Prepare in oven for 35-45 mins either till a thermometer reads 165 degrees.
4. Sprinkle chicken with parsley simply before serving.

# ***Mexican Meatballs (with Queso!)***





These Mexican meatballs are the perfect thing to dip in my easy homemade queso! They prepare a great snack either appetizer.

**PREP TIME**ten mins

**COOK TIME**25 mins

**TOTAL TIME**35 mins

## ***INGREDIENTS***

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### For the meatballs:

- 1 pound lean ground beef
- ¾ cup crushed pork rinds
- 1 big egg
- ¼ cup minced onion
- ¼ cup minced cilantro
- 2 cloves garlic, minced
- 2 tsps chili powder
- 2 tsps cumin
- 1 tsp salt
- half tsp garlic powder
- 

### For the dip:

- ½ cup heavy cream
- 1 ounce cream cheese
- 1 tbsp butter
- 1 ½ cups shredded cheddar
- ¼ cup canned diced tomatoes and chiles
- cilantro and paprika, for garnish

## ***INSTRUCTIONS***

---

1. warmth up oven to 350 degrees. Spray a rimmed baking sheet with non-stick spray.
2. Add all of the ingredients for the meatballs in a big mixing bowl and blend till good mixd.

3. Use a average cookie scoop to scoop out balls of meat and roll between your hands to form the meatballs.
4. Place the meatballs on the prepared baking sheet and Prepare in oven for 25 mins either till prepared through.
5. Just as the meatballs are nearly prepared through, prepare the queso by adding the heavy cream, cream cheese, and butter a small gravy pan over average heat. Stir constantly till the butter and cream cheese have softened.
6. Replace from the warmth and stir in the cheddar cheese till the gravy is smooth and creamy.
7. Stir in the tomatoes and chiles to mix.
8. Add the cheese gravy to a serving dish and sprinkle with paprika and cilantro. place meatballs around the cheese gravy and serve with toothpicks for dipping.

## ***NOTES***

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Each meatball is one net carb. We generally consider 4-5 meatballs to be a serving.

# ***Keto Egg Roll in a Bowl***





This egg roll in a bowl recipe comes along in simply 15 mins and has all of the flavors of Asian take out. My whole family loves this recipe and I love how healthy and easy this is to throw along on busy nights.

**PREP TIME**5 mins

**COOK TIME**15 mins

**ADDITIONAL TIME**20 mins

**TOTAL TIME**40 mins

## ***INGREDIENTS***

---

- 1 pound ground chicken
- 2 tsps oil
- 16 ounces coleslaw mix
- 4 cloves garlic, minced
- 1 tbsp ginger, minced
- 2 tbsp soy sauce
- 3 big eggs
- One-quarter cup sliced green onions
- 1 tbsp sesame oil
- sriracha, for serving

## ***INSTRUCTIONS***

---

1. Warmth a big skillet either wok over average heat. Warmth one tsp of oil in the skillet and then place the chicken, crumbling the meat as this cooks.
2. Just as the chicken is prepared through, place the coleslaw, garlic, ginger, and soy gravy to the skillet. Cook, mixing often, for 5 mins to soften the cabbage.
3. Press the cabbage mix over to the side of the skillet and place the remaining tsp of oil to the empty portion of the skillet. Crack in the eggs. Scramble the eggs till prepared through. Stir the eggs in the cabbage mix.



4. Stir in the green onions and drizzle with the sesame oil.
5. Serve with a drizzle of sriracha, supposing desired.

# ***Avocado Deviled Eggs***



These deviled eggs have no mayonnaise, however they still turn out so creamy and filling thanks to the avocado and sour cream. Supposing you love guacamole, you'll love these eggs.

**PREP TIME**15 mins

**TOTAL TIME**15 mins

## ***INGREDIENTS***

---

- 6 hard boiled eggs
- 1 big ripe avocado
- Juice of ½ lime
- 2 tbsp sour cream
- 1 tbsp minced cilantro
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 tsp salt

## ***INSTRUCTIONS***

---

1. Peel the eggs and slice in half lengthwise. Replace the yolks from the whites and place yolks in a small bowl. Set whites aside.
2. Add the avocado, lime juice, sour cream, cilantro, onion powder, garlic powder, chili powder, and salt to the yolks and mash along with a fork till smooth and creamy. place additional sour cream, supposing desired, to reach your preferred consistency.
3. Spoon either pipe the filling in the egg whites.
4. Lightly sprinkle with extra cilantro, supposing desired.

## ***NOTES***

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The avocados can start to brown when some hour either two. To prepare ahead, boil the eggs and prepare the filling. Keep the filling

in a zip top bag with all of the air squeezed out for 1-2 days in the fridge. Fill the eggs simply before serving.

# ***Bacon Cheeseburger Bombs***







These meatballs are filled with cheddar and wrapped in bacon. We like to dip them in my homemade thousand island to really give them that cheeseburger vibe.

**PREP TIME**15 mins

**COOK TIME**35 mins

**TOTAL TIME**50 mins

## ***INGREDIENTS***

---

- 1 pound lean ground beef
- 2 cloves garlic, minced
- 1 tsp onion powder
- 1 tsp salt
- ½ tsp cracked pepper
- 4 ounces cheddar cheese
- 9 bacon slices
- Thousand island, for dipping

## ***INSTRUCTIONS***

---

1. warmth up oven to 375 degrees.
2. Add the beef, garlic, onion powder, salt, and pepper to a mixing bowl and stir good to mix.
3. Portion the mix in 9 evenly sized balls.
4. Cut the cheese in 9 small cubes.
5. Flatten every ball and place a cube of cheese in the middle. Form the meat around the cheese, sealing this in all the way around.
6. Wrap every ball of meat with a slice of bacon and place on a parchment lined baking sheet.
7. Bake for 35-40 mins either till the beef is prepared through and the bacon is crisp.

## ***NOTES***

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Some cheese can soften out of the beef, no matter how good you seal it. employ parchment to keep clear up easy.

# ***Chicken Enchilada Pizza***



This enchilada pizza is **PACKED** with seasoned chicken and loads of enchilada flavors. The pizza is a bit heavier than a traditional pizza because I really loaded this up with chicken and cheese, so you'll probably have to enjoy this one with a fork. To eat like a traditional pizza, prepare double the peel and split the toppings between two pizzas.

**PREP TIME** 20 mins

**COOK TIME** 25 mins

**TOTAL TIME** 45 mins

## ***INGREDIENTS***

---

### For the peel:

- 2 cups shredded mozzarella
- 2 tbsp cream cheese
- 1 egg
- [¾ cup almond flour](#)

### For assembling:

- [1 tbsp avocado oil](#)
- half yellow onion, diced
- 4 ounces diced green chiles
- 2 garlic cloves, minced
- 1 ½ cups cooked, shredded chicken
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tsp chili powder
- ½ tsp salt
- [one cup of enchilada sauce, keep bought either homemade](#)
- one cup shredded cheddar
- one cup shredded monterey jack

### For topping:

- 1 avocado, thinly sliced
- Mexican crema either sour cream
- 2 tbsp sliced cilantro

# ***INSTRUCTIONS***

---

1. warmth up oven to 425 degrees.
2. Add mozzarella and cream cheese to a microwave-safe bowl and microwave for one minute. Stir to mix and return to microwave till cheese has softened, approximately 30 more seconds.
3. Stir in the almond flour and egg to mix.
4. Place the dough on a big sheet of parchment paper. Top with a second sheet of parchment.
5. Roll the dough out in a 12-inch diameter circle.
6. Replace the top piece of parchment and Place the down sheet with the dough on this to a pizza pan. Trim paper to fit the pan.
7. Bake for ten mins either till peel is slightly golden.
8. For some extra sturdy peel that holds up good, attentively flip the peel over and Prepare in oven for 3 more mins.
9. Whereas the peel is baking, warmth the oil in a big skillet over average heat. place the onion and cook, mixing often, for 5 mins.
10. Add the chiles and garlic and prepare for one minute more.
11. Add the chicken, spices, and  $\frac{1}{2}$  cup of enchilada gravy to the skillet and stir good to coat. Replace from heat.
12. Just as pizza peel has finished baking, spread the peel with the remaining  $\frac{1}{2}$  cup of enchilada sauce. Sprinkle with half of the cheese.
13. Add the chicken mix to the peel and sprinkle with the remaining cheese.
14. Bake for ten mins either till peel is golden brown around the edges.
15. Replace from the oven and top with avocado slices, cilantro, and a drizzle of crema either sour cream.
16. Let set 5 mins before slicing and serving.



# ***Chicken Broccoli Alfredo Bake***



This poor carb casserole starts off with riced cauliflower, broccoli, and chicken and then gets mixed with a simple homemade Alfredo sauce! It's so decadent, however it's totally easy.

**PREP TIME**15 mins

**COOK TIME**30 mins

**TOTAL TIME**45 mins

## ***INGREDIENTS***

---

### For the casserole

- 16 ounces riced cauliflower
- 12 ounces broccoli florets
- 2 cups cooked, shredded chicken
- 2 cloves garlic, minced
- ½ tsp onion powder
- ½ tsp salt
- ½ cup shredded mozzarella

### For the Alfredo sauce

- one cup heavy whipping cream
- half cup butter
- 2 cloves garlic, minced
- 2 cups shredded Parmesan

## ***INSTRUCTIONS***

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1. warmth up oven to 350 degrees.
2. Steam the cauliflower and broccoli till prepared tender-crisp. Drain any glut liquid from the vegetables.
3. Add the steamed cauliflower rice and broccoli to a big bowl with the chicken, garlic, onion powder, salt, Stir good to mix.
4. To prepare the Alfredo sauce, place the cream, butter, and garlic to a small saucepan and prepare over average heat, mixing sometimes, till softened.

5. Replace from the warmth and blend in the cheese till the gravy is smooth.
6. Pour Alfredo gravy over the vegetables and chicken and stir good to mix.
7. Spread mix in a 9x13 baking dish and sprinkle with mozzarella cheese.
8. Bake uncovered for 30 mins.
9. Let set 5 mins before serving.

## ***NOTES***

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To keep this easy, we steam our broccoli and cauliflower in the microwave. Place in a big bowl with two tbsp of water. Cover with plastic wrap and microwave for 3 mins. allow set 4 mins before attentively removing the wrap. Drain the liquid from the vegetables.

# ***Keto Spinach Artichoke Dip***







This keto spinach dip is some absolute loved in our house! It's better than any spinach dip you'd find in a restaurant and it's so easy, too!

**PREP TIME**ten mins

**COOK TIME**20 mins

**TOTAL TIME**30 mins

## ***INGREDIENTS***

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- 8 ounces cream cheese, approximately 25 °C
- One-quarter cup mayonnaise
- half cup shredded Parmesan cheese
- half cup shredded mozzarella cheese
- 2 cloves garlic, minced
- half tsp salt
- half tsp crushed red pepper
- 4 ounces canned artichoke hearts,
- half cup chilled sliced spinach, thawed and drained
- Fresh veggies, poor carb crackers, etc. for dipping

## ***INSTRUCTIONS***

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1. warmth up oven to 350 degrees.
2. In a big mixing bowl, mix the cream cheese, mayonnaise, Parmesan, mozzarella, garlic, salt and red pepper.
3. Beat with a mixer on average speed till good mixd. Stir in the artichoke hearts and spinach.
4. Spread in some 8x8 baking dish and Prepare in oven for 20 mins either till heated through and the cheese is softened.