

Keto Low Carb Chili

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Servings: 10 cups

Ingredients

- 2 1/2 lb Ground beef
- 1/2 large Onion (chopped)
- 8 cloves Garlic (minced)
- 2 15-oz can Diced tomatoes (with liquid)
- 1 6-oz can Tomato paste
- 1 4-oz can Green chiles (with liquid)
- 2 tbsp Worcestershire sauce
- 1/4 cup Chili powder
- 2 tbsp Cumin
- 1 tbsp Dried oregano
- 2 tsp Sea salt
- 1 tsp Black pepper
- 1 medium Bay leaf (optional)



Steps

1. In a skillet over medium-high heat, cook the chopped onion for 5-7 minutes, until translucent (or increase the time to about 20 minutes if you like them caramelized). Add the garlic and cook for a minute or less, until fragrant.
2. Add the ground beef. Cook for 8-10 minutes, breaking apart with a spatula, until browned.
3. Transfer the ground beef mixture into a slow cooker. Add remaining ingredients, except bay leaf, and stir until combined. Place the bay leaf into the middle, if using.
4. Cook for 6-8 hours on low or 3-4 hours on high. If you used a bay leaf, remove it before serving.