

3-Ingredient Jalapeno Poppers Video ~Sweet & Savory by Shinee

10 jalapenos, halved and de-seeded
4oz (110gr) flavored cream cheese, softened
10 thin bacon strips, cut in half

Best Philly Cheesesteak Foil Packs

1 lb. flank steak, thinly sliced
2 bell peppers, thinly sliced
1/2 onion, thinly sliced
2 cloves garlic, minced
2 tbsp. Italian seasoning
2 tbsp. extra-virgin olive oil
kosher salt
Freshly ground black pepper
4 slices provolone
Chopped fresh parsley, for garnish

Chicken Breasts with Jalapeño Cheese Sauce

4 teaspoons olive oil, divided
4 (5-6 oz.) boneless, skinless chicken breasts
1/2 teaspoon kosher salt
1/2 teaspoon black pepper
3/4 teaspoon chili powder
3/4 teaspoon cumin
1/2 cup onion, finely diced
3 medium jalapeños, seeds and membranes removed, finely diced
2 cloves garlic, minced
1/2 cup low-sodium chicken broth
4 oz. cream cheese (I use 1/3 less fat)
1 heaping cup shredded cheddar cheese

Creamy Garlic Mushroom Chicken

1½ pounds boneless skinless chicken thighs, or breasts
2 Tablespoons olive oil
8 ounces sliced mushrooms
3 garlic cloves, minced or whole (whatever your preference is)
1 cup chicken broth
½ cup heavy cream
2 ounces cream cheese, softened
1 teaspoon garlic powder
½ teaspoon salt
¼ teaspoon pepper
1 Tablespoon flour

Delicious Low-Carb Crustless Taco Pie

1 pound ground beef preferably grass-fed

1 packet taco seasoning (be sure it is free of MSG, starches, and any additives)
3 green onions thinly sliced
1/4 cup salsa
1 cup Mexican blend cheese finely shredded, quantity divided
4 large eggs
2/3 cup heavy cream preferably grass-fed
1/2 teaspoon sea salt

Italian Sausage Stuffed Mushrooms

24 oz white button mushrooms
1/3 lb hot Italian sausage ground
1/2 yellow onion finely diced
6 cloves garlic finely minced
1/3 cup dry white wine I used pinot grigio
2-3 tsp sprigs of fresh thyme chopped (or 1/4 dried thyme leaves)
8 oz cream cheese
1 egg yolk
3/4 cup Parmesan cheese grated
salt and pepper to taste

Keto Classic Buffalo Wings

4 to 5 lbs of fresh chicken wings
Salt and pepper
1 large bottle of Frank's Red Hot sauce
1 stick of unsalted butter
1 habanero, seeded & quartered (optional)

Low Carb Meatloaf

1½ lbs ground beef
⅓ cup red onions, chopped
½ cup pork rinds, crushed
⅓ teaspoon ground pepper
2 teaspoons minced garlic
1 tablespoon Worcestershire sauce
1½ teaspoons ground mustard
1½ teaspoons chili powder
4 oz tomato sauce
2 eggs
⅓ cup ketchup

Pioneer Woman's Recipe for Perfect Salmon

1lb of Salmon (cut into individual portions)
Seafood seasoning such as Old Bay or Meijer Gold Seafood seasoning
Lime juice

Pizza Chicken Casserole

1.5-2 lb chicken breast sliced or cubed
8 oz cream cheese

- 1 tsp dried minced garlic
- 1 cup marinara sauce no sugar added
- 8 oz shredded mozzarella

Pressure Cooker Mom's Classic Pot Roast with Savory Onion Gravy

- 3-4lb chuck roast *See notes for 3 pound roast
- 1 large yellow onion, chopped small, about 1 1/2 - 2 cups
- 4 whole carrots, cut into 3" sections
- 1 Tbl minced garlic, fresh
- 3 cups beef stock
- 2 Tbl Worcestershire sauce
- 2 tsp kosher salt
- 1 tsp black pepper
- 1 Tbl parsley, dried
- 1 tsp thyme, dried
- 1 Tbl olive oil
- 2 Tbl corn starch
- 2 Tbl water