

### **Bbq Bacon Wrapped Onion Bombs**

2 lbs. lean ground beef  
1 cup bread crumbs  
1 egg, beaten  
½ cup milk  
½ cup BBQ sauce  
1 tsp. salt  
½ tsp. onion powder  
½ tsp. thyme  
½ tsp. freshly ground pepper  
½ tsp. garlic powder  
½ " cube of cheddar cheese per meatball  
5-6 large yellow onions  
1 lb. bacon  
Additional BBQ sauce

### **Chicken Lazone**

1/2 tsp salt  
1-1/2 tsp chili powder  
1-1/2 tsp onion powder  
2 tsp garlic powder  
1/4 tsp cayenne pepper  
2 lb chicken tenders  
1/4 cup butter, divided  
2 cups heavy cream

### **Chili-Pasta Skillet**

1 pound lean ground beef  
3/4 cup chopped onion  
1 15 ounce can red kidney beans, black beans, or red beans, rinsed and drained  
1 14 1/2 ounce can diced tomatoes, undrained  
1 8 ounce can tomato sauce  
1/2 cup dried elbow macaroni (2 ounces)  
1 4 ounce can diced green chile peppers, drained  
2 - 3 teaspoons chili powder  
1/2 teaspoon garlic salt  
1/2 cup shredded Monterey Jack or cheddar cheese (2 ounces)

### **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

### **Low Carb Alfredo Chicken Casserole**

8 Ounces Cream Cheese Softened

1/2 Cup Heavy Whipping Cream  
1/2 Cup + 2 Tablespoons Parmesan, Divided I use the green can kind  
1/2 Teaspoon Basil  
1/2 Teaspoon Salt  
2.5 Cups Cooked Chicken cubed or shredded  
2 Tablespoons Minced Garlic  
1/2 Cup Chopped Onion  
16 Ounce Bag Frozen Cauliflower  
10 Ounce Bag Frozen Spinach  
1 Cup + 1/2 Cup Shredded Mozzarella cheese, Divided

### **Low Carb Cheeseburger Pie**

2 lbs ground beef  
4 eggs  
8 oz cream cheese  
16 oz shredded cheddar  
1/2 cup heavy cream  
1 tbsp Worcestershire sauce  
1 tbsp onion powder  
1 tbsp garlic powder  
1/2 tsp salt  
1/2 tsp pepper

### **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

### **One Pan Chicken Parmesan Pasta Skillet (Only 6 Ingredients!)**

2 tablespoons Italian dressing (not the creamy kind)  
3 boneless skinless chicken breasts, cut into cubes  
16 ounces small/medium sized rigatoni pasta  
1 24-ounce jar of your favorite Marinara pasta sauce (I love Delallo's)  
1/2 cup shredded mozzarella cheese  
1/2 cup grated parmesan cheese  
salt and pepper to taste  
Chopped fresh basil for garnish (optional)

### **Slow Cooker Cream Cheese Chicken Taquitos**

2 boneless skinless chicken breasts  
1 teaspoon chili powder  
1 teaspoon garlic powder  
1 teaspoon cumin

salt pepper

8 ounces cream cheese

$\frac{1}{3}$  cup water

$\frac{1}{2}$  cup shredded colby or Mexican blend cheese

12 6 inch corn or flour tortillas

optional: cilantro, salsa, sour cream, or other toppings as desired