

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
¾ 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