

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

Creamy Skillet Pesto Chicken

3-4 boneless skinless chicken breasts, pounded to even thickness
1/4 cup flour
1/4 teaspoon salt
1/4 teaspoon black pepper
1/2 teaspoon garlic powder
1/3 cup shredded parmesan cheese
1/3 cup basil pesto
1 cup heavy cream
salt and pepper to taste
optional: fresh basil or parsley, chopped

Instant Pot Garlic Parmesan Chicken

2 Tbsp butter
1 small yellow onion, diced
4 large garlic cloves, minced
1/2 cup chicken broth
1/2 tsp garlic powder
1/4 tsp pepper
1/2 tsp salt
8 oz sliced mushrooms (optional)
1 1/2 lbs boneless skinless breasts sliced into 1/2 inch filets
1 cup half and half
2 Tbsp flour
1/2 cup parmesan cheese
3 oz coarsely chopped spinach
Salt and freshly ground pepper

Low Carb Beef Stroganoff Meatballs

1 lb ground beef (80/20)
1 egg
1/4 cup almond flour
1 tsp kosher salt
1/4 tsp black pepper
1/2 tsp garlic powder
1/2 tsp onion powder
1 tsp dried parsley
1 tsp Worcestershire sauce
2 Tbsp butter (for frying)
1 Tbsp butter
2 cups sliced mushrooms (white or cremini)

- 1 cup sliced onions
- 1 clove garlic, minced
- 1 1/2 cups beef broth
- 3/4 cup sour cream
- 1/4 tsp xanthan gum
- salt and pepper to taste
- 2 Tbsp fresh parsley, chopped

Low Carb Chicken Fajita Soup

- 2 1/2 lbs boneless skinless chicken thighs
- 2 quarts chicken broth
- 1 10- ounce can Ro-tel style diced tomatoes and green chiles
- 1 14.5 ounce can diced tomatoes
- 10 ounces frozen small cut seasoning blend see notes
- 1 tsp salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp chile powder
- 3/4 tsp chipotle powder or more chile powder

Low Carb Meatloaf

- 1 1/2 lbs ground beef
- 1/3 cup red onions, chopped
- 1/2 cup pork rinds, crushed
- 1/3 teaspoon ground pepper
- 2 teaspoons minced garlic
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons ground mustard
- 1 1/2 teaspoons chili powder
- 4 oz tomato sauce
- 2 eggs
- 1/3 cup ketchup

Low Carb Steak Fajita Roll-Ups

- 1 1/2 pounds flank steak
- 2 bell peppers (any color)
- 1 bunch baby asparagus
- 1 small red onion
- 1 packet Old El Paso Fajita Seasoning Mix
- 2 tablespoons olive oil
- Old El Paso Taco Sauce
- Toothpicks

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