

Bacon Wrapped, Cream Cheese Stuffed Chicken Breasts

4 boneless skinless chicken breast
8 tablespoons cream cheese
4 tablespoon green onion, Chopped
8 pieces bacon, Partially Cooked

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

Crock Pot Low-Carb Taco Soup

2 lbs ground pork beef or sausage
2, 8- ounce packages of cream cheese
2, 10- ounce cans of Rotel
2 Tablespoons of taco seasonings
4 cups of chicken broth
1-2 tablespoons of Cilantro - fresh or dried optional
1/2 cup shredded cheese for garnish optional

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 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

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

Sloppy Joes

- 1 pound lean ground beef or ground pork
- 1/2 cup chopped onion (1 medium)
- 1/2 cup chopped green sweet pepper (1 small)
- 1 8 ounce can tomato sauce
- 2 tablespoons water
- 1 - 1 1/2 teaspoons chili powder
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon garlic salt
- Dash of bottled hot pepper sauce
- 6 kaiser rolls or hamburger buns, split and toasted

Stuffed Pepper Soup

- 1 lb lean ground beef
- 2 Tbsp olive oil , divided
- Salt and freshly ground black pepper
- 1 small yellow onion chopped (1 cup)
- 3/4 cup chopped red bell pepper (a little over 1/2 of a medium)
- 3/4 cup chopped green bell pepper
- 2 cloves garlic , minced
- 2 (14.5 oz) cans petite diced tomatoes
- 1 (15 oz) can tomato sauce
- 1 (14.5) can beef broth
- 2 1/2 Tbsp chopped fresh parsley , plus more for garnish
- 1/2 tsp dried basil
- 1/4 tsp dried oregano
- 1 cup uncooked long grain white or brown rice (I've tried and like both)
- Cheddar or mozzarella cheese , for serving (optional)