

"Just Like the Real Thing" Low Carb Keto Lasagna

2 large eggs
4 oz cream cheese, softened
1/4 cup Parmesan cheese, grated
1 1/4 cup mozzarella cheese, shredded
1/4 tsp Italian seasoning
1/4 tsp garlic powder
1/4 tsp onion powder
1 lb ground beef
1 1/2 cups Three Cheese Marinara Sauce, divided (get the recipe here)
3/4 cup mozzarella cheese, shredded
6 tbsp whole milk ricotta cheese
1 tbsp minced onion flakes (I use this brand)
1 tsp dried oregano
1 tsp garlic powder
1 tsp dried basil
1 tsp Italian seasoning

Creamy Garlic Mushroom Chicken

1 1/2 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
1/2 cup heavy cream
2 ounces cream cheese, softened
1 teaspoon garlic powder
1/2 teaspoon salt
1/4 teaspoon pepper
1 Tablespoon flour

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

Easy Fajita Chicken Bake

3-4 Boneless skinless chicken breasts
1-2 tsp Taco seasoning
2 Bell peppers in assorted colors, deseeded and thinly sliced
1 Red onion, peeled and thinly sliced
1-2 Tbsp Olive oil
1/2 Cup Shredded Cheddar or Mexican Blend Cheese

Egg Roll in a Bowl

1 tsp minced ginger

4 ½ cup(s) packaged coleslaw mix (shredded cabbage and carrots)
½ cup(s) shredded carrot(s)
3 medium cooked scallion(s)
3 Tbsp low sodium soy sauce
1 ½ tsp sesame oil
1 ½ tsp sugar
1 pound(s) uncooked ground chicken breast (can sub ground pork, turkey, or turkey sausage)

Low-Carb Philly Cheesesteak Soup

3 tbsp butter
½ red onion, thinly sliced
1 green bell pepper, thinly sliced
4 oz. mushrooms, thinly sliced
salt and pepper
1 lb thinly sliced deli roast beef, coarsely chopped
4 cups beef broth
4 oz. cream cheese, softened
6 oz. shredded white cheddar cheese, or other mild cheese
3 oz. sliced provolone cheese (optional)

Pioneer Woman's Recipe for Perfect Salmon

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

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
½ cup water
½ cup shredded colby or Mexican blend cheese
12 6 inch corn or flour tortillas
optional: cilantro, salsa, sour cream, or other toppings as desired

Tostada Pizza

1 pound lean ground beef
¾ cup water
1 ounce can diced green chile peppers, drained
2 tablespoons taco seasoning mix
1 teaspoon chili powder
1 tablespoon cornmeal
1 13.8 ounce package refrigerated pizza dough
1 15 ounce can pinto beans, rinsed and drained
1 cup shredded cheddar or Monterey Jack cheese (4 ounces)
1 cup shredded lettuce
1 medium tomato, chopped
½ cup thinly sliced green onions (4)
Bottled taco sauce (optional)