



# Keto Beanless Chili

Our Keto Chili recipe is delicious and easy to make! We left out the beans, but added lots of flavor! You can serve this over pork rinds or whisps and top with sour cream, cheese, and even avocado. It's easy to make ahead and the flavor gets better as leftovers!

## Recipe:

1 lb Stew Meat, diced  
1 lb Ground Beef  
1 Yellow Onion  
6 Cloves Garlic (we used minced)  
1 Medium Zucchini, diced  
1 Green Pepper, diced  
1 Red Pepper, diced  
28 oz Can Petite Diced Tomatoes, rinsed  
1 Cup Beef or Veggie Broth  
3 T Chili Powder  
1 tsp Garlic Powder  
1 T Cumin  
Salt to taste



## The Keto Dad Tips and Tricks:

- Most of the carbs come from the Tomatoes - cut the tomatoes in half if you want to save 2 carbs per serving!
- You can dice the veggies ahead of time and store them in your fridge - use your weekends to make your weekdays easier!
- Peel the rinds off the zucchini before you dice it - they blend in better so no one knows they're there!
- Eat on top of pork rinds, whisps, or just plain!
- Add avocado slices, cheese, or sour cream on top.
- Check the labels on your tomatoes - different kinds of tomatoes do vary with carbs.
- Freezes and reheats great!

Makes 6 servings, serving size 1.5 cups

Calories: 329, Fat: 18g, Carbs: 9g, Fiber: 3g, (Net Carbs 6) Protein: 32g

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