

Keto Chili

Yield: 6 min
Total Time: 70 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-chili-recipe-no-beans>

Ingredients:

- 1 1/2 pounds ground beef
- 1 yellow onion diced
- 1 green pepper diced
- 1 jalapeno minced
- 1 clove garlic minced
- 1/4 cup tomato paste
- 15 ounces diced tomatoes canned
- 2 cups beef broth
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon salt

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 75 milligrams
4. Fat: 17 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 7 grams
8. Sodium: 830 milligrams
9. Sugar: 5 grams
10. TransFat: 1 grams

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