

WENDY'S COPYCAT KETO CHILI

yield: **8 SERVINGS**

prep time: **15 MINUTES**

cook time: **1 HOUR 30 MINUTES**

total time: **1 HOUR 45 MINUTES**

A low carb version that really curbs the craving!

INGREDIENTS

- 3 pounds ground beef (I use 85/15), drained, reserving 2 tbsp of fat
- 2/3 cups celery, finely diced
- 1/2 cup red bell pepper, finely diced
- 1/2 cup green bell pepper, finely diced
- 1 1/2 cups yellow onion, finely diced
- 1 cup tomatoes, finely chopped
- 1 1/2 cups tomato juice
- 15 oz can crushed tomatoes in puree
- 1 1/2 teaspoons Worcestershire sauce
- 3 tablespoons chili powder
- 2 teaspoons erythritol, granular (I use Lakanto, Golden)
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1/2 teaspoon black pepper

DIRECTIONS

- 1 In a large pot, brown the ground beef until just done. Drain most of the fat, leaving about two tablespoons.
- 2 To the pot with beef, add the onions, celery, bell peppers, and tomatoes. Cook over medium-high heat for another five minutes.
- 3 Now add the tomato juice, crushed tomatoes, Worcestershire sauce, and all the seasonings. Cover the pot and simmer for 1 to 1 1/2 hours, stirring occasionally.

NUTRITIONAL INFORMATION

Yield: 8 servings,

Amount Per Serving: Calories: 344, Total Carbohydrates: 11, Fiber: 2, Net Carbohydrates: 9, Total Fat: 21, Protein: 27

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