



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Jim's Keto Soup

This is based on my Mothers Delicious Home-Made Beef Soup. I exchanged some ingredients for low carb keto friendly ingredients. It turned out absolutely delicious. This is a soup recipe that's very hardy and full of flavor. You won't be disappointed. Enjoy!



Per Serving = 16 Servings

NUTRITION Calories: 22.9kcal

Carbohydrates: 5.25g |

Protein: 1.2g | Fat: 0.15g |

Fiber: 1.6g |

Ingredients:

- 1 Beef Roast or 5 Beef Steaks
- 1 900ml + 1cup Container of Beef Broth
- 9 cups of Water
- 2 Pieces of Salt Beef (if no salt beef, add 3 tbsp salt or to taste)
- 4 tbsp Tomato Paste
- 1 796ml can Tomatoes Diced
- 4 tbsp Onion Soup Mix
- 1 packet of PENNE Organic Shirataki with Oat Fiber
- 1 Turnip Diced
- 4 Celery Stocks Diced
- ½ Red Cabbage Diced
- 2 Stocks of Broccoli
- 3 Peppers (Red, Yellow, Orange)
- 1 medium Onion Diced
- 1 tbsp Black Pepper or to Taste
- ¾ Head of Cauliflower (Rice)
- 340g of Green Beans

Instructions:

1. Add Beef Broth and water to Pot. Cut Beef and Salt Beef into ½" cubes add to Pot. Dice Onion and add to soup. Boil for 1 hour.
2. Dice Turnip, Celery and Red Cabbage into ½" Cubes, Add to soup. Add Black pepper and Onion Soup Mix and Boil for 15-20 mins or until soft.
3. Dice the 3 Peppers and add to soup, plus the Diced Tomatoes and Tomato Paste as will. Boil for 10 mins.
4. Cut Green Beans in ¼ length. Use grater for the Cauliflower Rice. Cut Broccoli into small pieces. Add all including the PENNE Packet (Rinse First) to soup. Boil for another 5-10 mins.
5. It's now ready to serve.