



# Healthy Keto with Jim Colbourne

## No Bean Chili with Bacon

**5g NET Carbs (Low Carb Keto)**

This is so delicious you will never know its low carb. Full flavored chili that's great for those cold days. It has a very robust, meaty, beefy flavor with bacon. Very easy and simple recipe that the entire family will Love.



12 Cups of Chili - 1 Cup = 310 Calories / 21g Fat / 8g Carbs  
3g Fiber / 20g Protein

### Ingredients

- 3 Cloves of garlic
- 1 cup of chopped onion
- 1 Green bell pepper
- 1 Yellow bell pepper
- 1 Jalapeño
- 4 lg mild Italian sausage
- 2 Lbs. Ground beef
- 1 Cup Beef broth
- 15 oz tomato sauce
- Chopped green onion
- 20 oz Can of diced tomatoes (Italian Herb)
- 7 oz Tomato paste
- 1 Tbsp Chili powder
- 1 Tbsp Cumin
- 1 Tbsp Oregano
- 1 Tbsp Onion Powder
- 1 tsp of black pepper
- 1 cup of chopped bacon
- 1 cup of celery
- Sour Cream for topping

\*Links of Ingredients can be found in the description of Video\*

### Instructions:

\*You can add all ingredients to a slow cooking and cook on low for all day if you prefer.

1. Fry bacon in the same pot for the chili. Once it starts to brown add onion, celery, garlic cloves until onion starts to soften.
2. Now add the ground beef and Italian sausage (remove skins from sausage and cut into small pieces) cook until brown.
3. Once meat is cooked add all your peppers, remove seeds from the hot pepper if you prefer less heat. Cook until peppers start to soften.
4. Add all wet ingredients along with all spices. Simmer for 15-20 mins.
5. When serving add some chopped green onion and sour cream for toppings.
6. You can choose other ways to cook your chili, some people will add all ingredients and simmer for several hours. The choice is yours. Make sure all meat is fully cooked before serving. Enjoy!

