

Cream of Crab Soup

Melt 1/2 stick butter — Saute — Turn Off

Add 3 Pints Heavy Whipping Cream and 1 Pint Milk — Slow Cook Normal for 1 hour

Slowly Wisk in 3 Tbsp Cornstarch, 2 Tbsp Old Bay, 2 Tbsp Fresh Parsley, 1/2 Tsp Salt, 1/8 Tsp Pepper

Add 1 lb Lump Crab Meat — Mix thoroughly — heat for an additional 30 minutes on Slow Cook Normal

Add Cornstarch or Flour to thicken

THIS IS NOT AN INSTANT POT RECIPE BUT FOR A SLOW COOKER

Optional Additions:

Sautéed Onions, Oregano, Chili Powder, Potatoes

=====

White Rice

2 Cups White Rice — Rise 4 Times

2 1/2 Cups Chicken Broth

1 Tbsp Onion Flakes

1 Tsp Each — Salt, Garlic Powder, and Oregano

Stir Thoroughly and Press RICE Button

=====

Oat Groats

2 Cups Oat Groats

2 1/2 Cups Water

Pressure 5 min / 1 Hour Release

=====

Buckwheat Groats

2 Cups Oat Groats

2 1/2 Cups Water

Pressure 3 min / 1 Hour Release

Potato Soup

1 Medium Onion (1 1/2 Cup)
3 Cloves Garlic
1/3 Cup Flour
2 1/2 Lbs Gold Potatoes
1 Qt Chicken Broth
1 1/2 Tsp Salt
1 Tsp Black Pepper
1/2 Tsp Chili Powder

Pressure 10 min — Blend with Immersion Blender

=====

Potatoes & Garlic

1 Medium Onion (1 1/2 Cup)
3 Bulbs Garlic (Tops Chopped)
1 1/2 Lbs Gold Potatoes
1 Cup Chicken Broth
1 Tsp Salt
1/2 Tsp Black Pepper
1 Tsp Oregano

Pressure 15 min — 10 min Release — Mash & Mix

=====

Breakfast Mix

1/2 Cup Each
Hulled Barley
Brown Rice
Quinoa
Buckwheat Groats
Lentils
Oat Groats

6 Cups Water

Pressure 25 Minutes / 1 hour release
Should last for 6 or 7 meals

Lentil Soup

2 Tbsp Olive Oil

1 Onion

2 Cloves Garlic

sauté 2 minutes

1 large carrot (1 ¼ cup)

2 Celery Ribs (1 ¼ cup)

sauté 10 minutes

2 Cups Dried Lentils

14 oz Crushed Tomato

½ Tsp Each — Cumin / Coriander

1 ½ Tsp Paprika Powder

2 Dried Bay Leaves

¼ Tsp Each — Salt / Pepper

6 Cups Chicken Broth

Pressure 30 minutes

Remove Bay Leaves — Mix with Submersion Blender

=====

Refried Beans

1 ½ Cups Pinto Beans

½ Onion

1 Tsp Each — Garlic Powder / Oregano

¼ Tsp Each — Cumin Paprika

2 Serrano Peppers

60 Minutes / 15 Minute Release — Submersion Blender

=====

Mexican Rice

1 Onion

3 Cloves Garlic

3 Cups White Rice

Small Can Tomato Paste (6 oz or less)

12 oz Salsa

3 Cups Chicken Broth

Use RICE Button

Mississippi Pot Roast

2 Tbsp Olive Oil

3 Pound Chuck Roast

sauté 6 to 8 Minutes per Side

Spread 4 Tbsp Butter (1/2 Stick) on Top of Roast

Sprinkle 1 oz Dry Au Jus Mix and 1 oz Ranch Dressing Mix on Roast

Add 8 Pepperoncinis and 3/4 cups Chicken Broth

Meat / Stew for 45 Minutes / 20 Min Natural Release

Remove Roast and Pepperoncinis

Mix 1 Tbsp Water with 1 Tbsp Cornstarch

sauté Liquid Remaining in Pot and Slowly Add Cornstarch Mix

Mix until Thick

Use Sauce as Gravy

Mushrooms & Wild Rice Soup

3/4 Cup Wild Rice

1 Quart Chicken Broth

8 oz Sliced Mushrooms

1/2 Onion

1 Medium Carrot

2 Stalks Celery

2 Cloves Garlic

1 Tsp Dried Thyme

1 Tsp Salt

1/2 Tsp Pepper

Soup/Broth 25 Minutes / 10 Min Release

Carrot Soup

1/2 Onion

1 Clove Garlic

8 Large Carrots (4-inch Pieces)

2 Cups Chicken Broth

1 Tsp Salt

1/4 Tsp Pepper

Optional: 15 oz Coconut Milk

Pressure Cook 10 Minutes

Veggie Soup

1/2 Onion
1 Clove Garlic
3 Stalks Celery
2 Medium Carrots
2 Yukon Gold Potatoes
15 oz Diced Tomatoes
8 oz Sliced Mushrooms
1 Quart Chicken Broth

1 Tsp Salt
1/4 Tsp Pepper
1/2 Tsp Each
Dried Basil
Dried Red-Pepper Flakes
Dried Rosemary
Dried Thyme

Soup / Broth 8 Minutes

=====

Loaded Baked Potato Soup

Bacon Bits
1/2 Onion
4 Medium Red or White Potatoes
1 1/2 Tsp Salt
1/2 Tsp Each Pepper / Crusher Red-Pepper Flakes
1 Quart Chicken Broth
1/2 Cup Sour Cream
1 Cup Shredded Sharp Cheddar Cheese
2 Tbsp Chives

Pressure Cook 5 Minutes / 10 Minute Release

=====

Sautéed Mushrooms & Onions in Gravy

Press Sauté Button

2 Tbsp Butter
1/2 Onion — 5 Minutes
2 Cloves Garlic — 1 Minute
1 Pound Mushrooms, 1/2 Tsp Salt, 1/4 Tsp Pepper — 5 Minutes
Turn Off

3/4 Cup Beef Broth
Presser Cook 5 Minutes / Quick Release

Whisk 1 Tbsp Cornstarch with 1 Tbsp Water
Press Sauté Button — Whisk 2 Minutes Until Thick

Lasagna Soup

1 Pound Spicy Ground Italian Sausage

1 Tbsp Olive Oil

1/2 Onion

3 Cloves Garlic

Sauté Until Sausage is Crumbly and No Longer Pink

1/2 Tsp Each — Dried Basil and Thyme

1/4 Tsp Each — Dried Oregano and Rosemary

15 oz Diced Tomatoes

8 oz Tomato Sauce

1 Quart Chicken Broth

1 Cup Bowtie Pasta

Stir Well — Pressure Cook 5 Minutes — Quick Release

Garnish with Grated Parmesan and Dollop of Ricotta Cheese

=====

Buckwheat Waffles

1 Cup Buckwheat Flour

1/2 Cup Applesauce

3 Tbsp Milk Powder

1 Cup Water

1 Tbsp Sugar

1/4 Tsp Salt

2 Tsp Baking Powder

6 min 20 sec per mini-waffle

Makes 9-10

.2g Fat / 3.8g Fiber

=====

Waffle Batter

2 Eggs

2 Cups Flour

1 3/4 Cups Milk

1/2 Cup Applesauce

1 Tbsp Brown Sugar

4 Tsp Baking Powder

1/4 Tsp Salt

2 Tsp Vanilla

1 Tsp Cinnamon

Approximately 4 minutes per Waffle

Chocolate Cake

5 Cups Flour
1 Cup Sugar
1 Cup Cocoa
4 Tsp Each Baking Soda / Baking Powder
2 Tsp Salt
2 Cups Milk
2 Cup Applesauce
2 Tbsp Vanilla Extract

Fill 10X10 Pan — Cover with Foil — Bake for 55 Minutes at 350° F

Pumpkin Pie

15 oz Canned Pumpkin
1/2 Cup Dry Milk
1/2 Cup Brown Sugar
1 Tsp Cinnamon
1/2 Tsp Ginger
1/4 Tsp Cloves
1/8 Tsp Nutmeg
1/2 Tsp Salt
1/2 Tsp Vanilla
2 Tsp Pumpkin Spice
2 Eggs

Fill Pan — Cover with Foil — Pressure Cook 40 Min / 15 Min Release

Pumpkin Pie Crust

2 Tbsp Butter
1 1/4 Cup Graham Crackers
3 Tbsp Sugar

Fill Pie Pan — Place in Freezer until Needed

Banana Bread

- 3 Large Bananas**
- 1 1/2 Cup Flour**
- 2 Tsp Cinnamon**
- 1/4 Tsp Salt**
- 1 Tsp Each Baking Soda / Baking Powder**
- 1/2 Cup Applesauce (Replaces 1/4 Cup Each — Coconut Oil /Butter / Sugar)**
- 1/2 Cup Brown Sugar**
- 1/4 Cup Vanilla**
- 3 Large Eggs**

Fill Pan — Cover with Foil — Pressure Cook 90 Min / 15 Min Release

=====

Portobello Mushroom Marinade

- 2 Cloves Garlic**
- 1/2 Cup Each — Balsamic Vinegar / Soy Sauce / Water**
- 1/2 Tsp Each — Rosemary / Thyme / Oregano / Cumin / Corriander /
Chili Powder**
- 1/8 Tsp Black Pepper**

**Cook 5 Min each side in Bone Broth / Add left Over Marinade
Cover and Cook 15 Minutes over Medium Heat**

=====

Bread — 5 Rolls

- 1 Cup Water**
- 5 Tsp Dry Milk**
- 1/4 Cup Applesauce**
- 1 Tbsp Sugar**
- 1/2 Tsp Salt**
- 2 Tsp Baking Powder**
- 1 1/3 Cup Almond Flour**

Divide Dough into 5 Parts — Bake for 20 Minutes at 375° F

Potato Salad

3 lbs Gold or Red Potatoes

Chop to small pieces

Add 2 Cups Chicken Broth or Bone Broth

Instant Pot on Pressure 20 minutes with 20 - 60 Minute Release

1 Medium / Large Onion Chopped

1/2 Cup Mayo

1/4 Cup Brown Mustard

1 Tbsp White Wine Vinegar

1/2 Tbsp Salt

1/2 Tsp Black Pepper

1/2 Tsp Worcestershire Sauce

1/8 Tsp Paprika

1/2 Tsp Old Bay

3 Stalks Celery (Optional)

Mix Ingredients in a large bowl then add potatoes after discarding broth.

=====

Shrimp Salad

1 lb Thawed Shrimp

Remove Shells

Chop to Small Pieces

Dry thoroughly with Paper Towels

1 Medium Onion Chopped

1/4 Cup Mayo

1/8 Cup Brown Mustard

1/4 Tbsp White Wine Vinegar

1/4 Tsp Black Pepper

1/4 Tsp Worcestershire Sauce

1 Tsp Old Bay

2 Stalks Celery (Optional)

Mix Ingredients in a large bowl then add shrimp

Instant Pot Crustless Quiche

- 6 Eggs
- 1/2 Cup Milk
- 1/4 Tsp Salt
- 1/8 Tsp Black Pepper
- 1 Cup Cooked Sausage
- 1/2 Cup Diced Ham
- 1 Cup Cheese
- 2 Large Green Onions

Thoroughly Beat Eggs and Milk then Pour over other Ingredients.

30 Minutes Pressure / 10 Minute Release

=====

Instant Pot Chocolate Keto Cheesecake

- 16 Oz Cream Cheese
- 1 Cup Sour Cream
- 2 Beaten Eggs
- 1/2 Tsp Stevia
- 1 Tbsp Vanilla Extract
- 1 Tsp Cocoa Extract
- 2 Tbsp Cacao Powder

- Crust — 350° 10 minutes
- 1/2 cup Almond Flour
- 1/8 Tsp Baking Soda, Salt, Vanilla
- 1/2 Tbsp Olive Oil
- 1 scoop Stevia Powder
- 1 Egg

28 Minutes Pressure / 10 Minute Release

=====

Chia Pudding

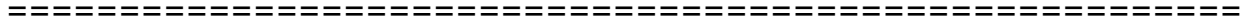
- 2 Cups Milk
- 1/2 Cup Chia Seeds
- 1/2 Tsp Stevia

Mix Thoroughly Several Times and sit in the refrigerator overnight

High Fiber / High Protein / Good Fat

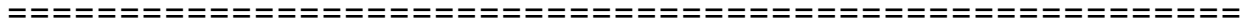
Avocado Smoothy

- 1 Avocado**
- 1 cup Blueberries**
- 1 cup Blackberries**
- 1 cup Raspberries**
- 1 cup Strawberries**



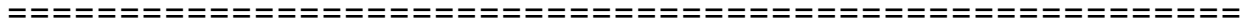
Increase Autophagy

- Green Tea or Earl Gray**
- Ginger**
- Turmeric**
- Reishi Mushrooms**



Frittata

- | | |
|----------------------|--------------------------|
| 4 Eggs | Italian Seasoning |
| Sausage / Ham | Avocado |
| Tabasco | Veggies |
| Mushrooms | Cheese |
| Scallions | Hot Pepper |



Cabbage Loaf

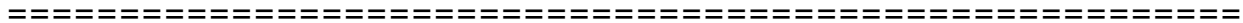
- | | |
|------------------------------|---------------------------------|
| 1/4 Cabbage | 15 minutes in Frying Pan |
| 1/4 Onion | Flip |
| 2 Eggs | 10 minutes on other side |
| 1/2 Cup Coconut Flour | Add Cheese |
| 1/2 Tsp Salt | 3 more Minutes |
| Cheese | |

Lifechanging Bread

1 Cup Sunflower Seeds
1/2 Cup Flax Seeds
1/2 Cup Nuts
1 1/2 Cup Oats
2 Tbsp Chia Seeds
4 Tbsp Psyllium
1 Tsp Salt
1/4 Tsp Stevia
3 Tbsp Melted Coconut Oil
1 1/2 cups Water

Let Sit for at least 2 Hours
Preheat Oven to 350 degrees
Bake 20 minutes
Remove from Pan
Turn Over and Place on Rack
Bake an Additional 40 Minutes

Let Cool Completely



Fiber Bread

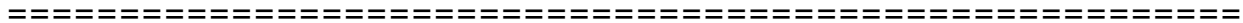
5 Eggs
1/2 Cup Milk
1/4 Tsp Salt
3 Tbsp Coconut Oil
1 Tsp Baking Powder

1/3 Cup Psyllium
1/4 Cup Chia Seeds
1/4 Cup Pumpkin Seeds
3/8 Cup Sunflower Seeds
1/8 Cup Quinoa

Add 1 Tsp Baking Soda after mixing the other ingredients

Bake at 325 Degrees for 1 hour

May Sprout after a few days at room temperature



Mashed Cauliflower

Cauliflower Florets
1 Tbsp Olive Oil
2 Cloves Garlic
2 Tsp Italian Herbs

Steam Cauliflower for 8 Minutes
Heat Olive Oil and add Minced Garlic – 30 seconds
Mix, Mash and then Use Hand Blender
Add Ghee, Butter, and Cheese

Avocado Brownies

- 2 Avocados**
- 2/3 Cups Cocoa Powder**
- 4 Eggs**
- 2 Tsp Stevia**
- 1/2 Cup Macadamia Nut Oil**
- 2 Tsp Baking Powder**
- 2 Tsp Vanilla**
- 1 Tsp Salt**

Blend well then add 1/3 Cup Chocolate Chips

Bake at 325 Degrees for 35 to 45 minutes

=====

Avocado Pudding

- 2 Avocados**
- 1 Scoop Love Good Fats (or 1/2 Cup Cocoa Powder)**
- 3/4 Cup Nut Milk**
- 2 Tsp Vanilla**
- Pinch of Cinnamon**

Chill for 30 Minutes

=====

Avocado Crackers

Immersion Blender

- 2 Avocados**
- 1 1/2 Cups Grated Parmesan**
- 2 Tbsp Lemon Juice**
- 1 Tsp Garlic Powder**
- Pinch of Cayenne**

Bake at 325 Degrees for 30 minutes

Baked Turmeric Chicken

1 to 2lbs. of chicken — 6 skinless thighs
2 tbsp. avocado oil
2 tbsp lemon juice (1/2 Large Lemon)
1 tsp. lemon zest (1 Large Lemon)
1 tbsp. honey
1 tbsp. crushed garlic
2 tsp. dried turmeric
1/4 tsp cinnamon
1 tsp. Pink Salt
1/4 tsp. ground pepper
1 onion, 1/2 Lemon cut into wedges
Pinch cayenne pepper + extra lemon

Preheat oven to 350. Remove the skin from chicken and place in a baking dish.

In a measuring cup, combine avocado oil, lemon juice, lemon zest, honey, garlic, dried turmeric, 1/8 tsp cinnamon, salt, and pepper. Whisk together.

Pour the turmeric marinade over the chicken and gently rub the chicken with the marinade until all the chicken is coated on all sides.

Stick the onion and lemon wedges all around the chicken so everybody is nice and cozy in the pan.

Cover with Aluminum Foil and marinade for up to 12 hours (or not at all).

Place chicken in the oven and bake for 45 minutes or until the chicken has reached 165F and is cooked through.

Allow to cool a bit, spoon juices over the top and enjoy!

=====

Instant Pot Turkey Breast

3 lb Turkey Breast — Thaw in Frig for two days — remove wrapper — discard Gravy Mix
Remove Cord — Place on Aluminum Foil — Rub with Spices

Spice Rub: 1 Tbsp Olive Oil 1 Tbsp Smoked Paprika
 1 Tsp Italian Seasoning 1 Tsp Pink Salt
 2 Tsp Ground Pepper 1 Tsp Garlic Powder

Rub Spices into Meat — Place in Bottom of 6-quart Pot — Add 1 Cup Bone Broth

Pressure Cook for 25 Minutes — 15 Minute Release

Arrange on Plate and Cover with Foil for 15 minutes before serving

Avocado Almond Flour Flatbread

2 Avocados
2 cloves of Garlic (Minced)
1/2 tbsp of Lemon OR Lime Juice
1/2 cup Cilantro OR Parsley (Finely Chopped)
2 cups of Almond Flour
3/4 teaspoon Xanthum Gum OR 2 tablespoons of Psyllium Seed Husk
Salt to taste

Mash avocado.

Add the minced garlic, lemon juice and chopped cilantro. Mix well.

Add the almond flour and xanthum gum (OR Psyllium Husk Powder) and salt. Mix well and knead for 2 - 3 minutes.

Cover and let it rest for 10 mins.

After resting the dough, cut it into equal size pieces.

Roll each piece into little balls.

Place the dough ball between two sheets of parchment paper and then roll it with a rolling pin to make a round shape.

Heat a non-stick pan on medium high heat.

Lay the flatbread on the heated pan very gently.

Cook for 1 -2 minutes on one side and then FLIP IT GENTLY and cook for another 1 – 2 minutes.

Remove from the pan and serve.

Keeps for up to 2 weeks

=====

Garlic Shrimp & Broccoli

1/2 lb Broccoli
6 Large Cooked Shrimp

Sauce: Scallions (whites only), 5 Cloves Minced Garlic, 1 Tbsp. Soy Sauce, 1 Tsp Cornstarch, Drizzle Sesame Oil, 1/4 cup Water — Mix Well

Instant Pot — [Cook Broccoli 2 minutes on High Pressure, 5 min Release](#)

Toss Broccoli, Shrimp, and Sauce in a Glass Bowl — Mix well and serve

Guacamole

3 Avocados
Juice of 1 Lime
Mash and Mix Thoroughly

2 cloves of Garlic (Minced)
1/4 cup Cilantro (Finely Chopped)
1/2 Red Onion Chopped
2 Roma Tomatoes (remove seeds)
1 Jalapeno Pepper (remove seeds)
1/2 Tsp Salt to taste

Mix Thoroughly
Keeps for up to 5 days — bad when it turns brown — cover with water to keep it fresh

=====

Zucchini Fritters

1 1/2 lb Zucchini
Wash and grate Zucs — Place in large bowl and sprinkle 1 Tsp salt on top
Mix thoroughly and allow to stand for 20 minutes to shed extra water
Place in Nut Milk bag and squeeze out as much water as possible

1 Red Onion finely chopped
1/2 Cup Almond Flour
1/4 Cup Goat Cheese
2 Beaten Eggs

Add ingredients to Zucchini and mix well — mix lightly to avoid releasing more water

Fry for 3 to 4 minutes per side — 1/4 cup scoops — Medium Heat

=====

Pickled Onions

Thinly Slice 2 Red Onions
2 Cloves Minced Garlic and 1/2 Tbsp Salt
Place in Large Saucepan and cover with 1 Cup Apple Cider Vinegar and 1 Cup Water
Heat to boiling — reduce heat and simmer 1 minute — turn off heat, stir, simmer 1 Min
Stuff in Mason Jar and cover with Brine — Keeps 2 to 3 Weeks in Fridge

Keto Almond Butter Bread

3 Eggs
1/2 Tsp Baking Soda
2 Scoops Stevia (2 Tsp Equivalent)
1 Tbsp ACV (Some say 1 Tsp)
1 Cup Almond Butter
1 Tsp Vanilla

Mix Thoroughly

Bake for 15 minutes at 350°F

Keto Peanut Butter / Chocolate Bread

3 Eggs
1/2 Tsp Baking Soda
3 Scoops Stevia (3 Tsp Equivalent)
1 Tbsp ACV (Some say 1 Tsp)
1 Cup Peanut Butter
1 Tsp Vanilla
1/4 Cup Olive Oil
2 Tbsp Cocoa Powder

Mix Thoroughly

Bake for 15 minutes at 350°F (Insert Toothpick — Clean is done)

Roasted Chickpeas

Instant Pot
50 grams Chickpeas
3/4 Cups Water
50 minutes with 10-minute release

Spread Chickpeas on Baking Pan

Sprinkle with Olive Oil

Sprinkle with Cumin/Paprika or Chili Powder/Garlic Powder or Curry/Turmeric

Bake for 20 to 25 minutes at 425°F

OK to Freeze (6 months) 2 weeks in Fridge

Fried Falafel

1 Cup Dry Chickpeas

Soak for 12 hours — Drain and Rinse — Dry with Paper Towel

Place Chickpeas in food processor add:

1/2 Cup Yellow Onion Lightly Chopped

1 Cup Each Chopped Parsley and Cilantro

1 Small Carrano Pepper

3 Cloves Crushed Garlic

1 Tsp each Cumin/Salt

1/2 Tsp Cardamon

1/4 Tsp Black Pepper

Pulse Food Processor until mix is like fine sand — transfer to mixing bowl

2 Tbsp Chickpea Flour

1/2 Tsp Baking Soda

Cover and Chill for 2 Hours

Form disks — Fry in Avocado Oil 2-3 Min per side — drain on Paper Towel

Keeps for up to 3 days in Fridge — Freeze for 3 months

=====

Zucchini Pie

1 lb Zucchini — Cut into Rings

3 beaten eggs

1 chopped onion

Mix

Add 6 oz Nut Milk / 6 oz Almond Flour / 4 oz cheese

Mix

Layer Zucchini in Batter in Large Pan

Bake 350° for 1 hour

Bulletproof Coffee

2 - 3 Cups Coffee

2 Tbsp Ghee

Fat Alternate

Ingredients

1 Tbsp MCT Oil

Egg Yoke

1/4 Tsp Pink Salt

Cacao Butter

1/2 Tsp Cinnamon

Coconut Oil

1/2 Tsp Nutmeg

Butter

2 Scoops Stevia (Equivalent to 2 Tsp Sugar)

1 Tbsp Cacao Powder

1/4 Tsp Turmeric/Pepper

Mix Thoroughly and Enjoy

Thomas DeLauer Pink & Gold Omelet

3 beaten eggs — 2 whole / 1 yoke only

1 Tbsp Ghee in frying pan / add Avocado Oil Spray

Cook low and slow

Pour beaten eggs in pan

Sprinkle liberally with Turmeric / Black Pepper

Flip

Sprinkle liberally with Turmeric / Black Pepper

Smoked Sockeye Salmon

Goat Cheese

Mushrooms

Salt

Paprika

Dr Berg Liver Cleanse

2 Cups Frozen Kale

1 Cup Frozen Blueberries

1 Cup Water

1 Cup Plain Organic Whole-Milk Kefir

Blend in Nutri-Bullet

Dr Berg Bread

In a large mixing bowl:

1 Cup Almond Flour

1 Cup Arrowroot Flour

1/3 Cup Coconut Flour

1 Tsp Pink Salt

Mix Thoroughly

In a medium sized mixing bowl:

1 1/4 Cup water at 105° to 110°F — temp is critical to success

2 Tsp Maple Syrup

Add 2 Tsp active dry yeast

Let stand for 10 minutes

Add to yeast mix:

1 1/2 Tbsp Finely Ground Chia Seeds

2 Tbsp Psyllium Husk

Let stand 2 to 3 minutes — then whisk

Add mixture to flours

Mix Thoroughly

Knead 1 minute

Place Dough in Bowl

Cover with Damp Cloth

Place in Warm Spot for 1 hour to rise

Place on Parchment Paper

Divide Dough into Two Boules

Brush with Egg Wash (egg yolk with 1 tsp water)

Place on Hot Cookie Sheet with Parchment Paper

Put in 425°F oven

Bake for 35 to 40 Minutes at 425°F (internal temp of 205° to 210°F)

Cool on wire rack

Kitchen Sink Casserole

Sauté 3 Cloves Minced Garlic in Olive Oil
Add ¼ Cup Diced Onion after 1 to 2 minutes
sauté until Onions are clear

Add 2 lbs 80-20 Ground Beef – Cook thoroughly
Add 8 ounces Cream Cheese Mix Thoroughly
¼ Cup Sugar-Free Ketchup (Primal Kitchen)
2 Tbsp Mustard
1 Tsp Pink Salt
1 Tsp Black Pepper
Add Spices to Taste – Smoked Paprika, Crushed Red Pepper, Thyme,
Steak Seasoning, Garlic Powder, Onion Powder
Add Veggies to Taste – Broccoli, Cauliflower, Radish, Zucchini, Cabbage,
etc.

Place in Casserole Dish

Add Mixture – Then cover with shredded cheese
4 beaten Eggs
¼ Cup Heavy Cream
Tabasco to taste
Bacon Pieces
Dill Pickle Pieces

Bake at 350°F for 30 minutes

Cheesy Dip

1 Cup Pecans
½ Cup Nutritional Yeast
¼ Cup Hulled Hemp Seeds
½ Tsp Himalayan Pink Salt
1 Tsp Garlic Powder
1 Tbsp Onion Powder
1 ½ Cups Water

Blend Thoroughly until Smooth

1152 Calories

Nut with Highest Fiber and Low Carbs

Keto Veggie Soup (6 Quarts)

1 to 2 Pounds of Grass-Fed Ground Beef

1/4 Green or Red Cabbage

5 Cloves Crushed Garlic

1 Onion

3 Medium Carrots

3 Stalks Celery

1 Quart Beef Bone Broth

3 scoops Pure Stevia Powder

1 Tsp Salt

1/4 Tsp Pepper

1/2 Tsp Each

Dried Basil

Dried Red-Pepper Flakes

Dried Rosemary

Dried Thyme

Marjoram

All Spice

3 Bay Leaves

Simmer Cabbage in Chicken or Beef Bone Broth for about 15 minutes

Sauté Onions and Garlic in Avocado Oil

Well-Brown and chop ground beef

Add Onions, Garlic, and Ground Beef to Cabbage in 6-quart Instant Pot

Add other ingredients and mix thoroughly

Add Spices and Mix again

Optional Veggies: Add any or all the Following Ingredients

Broccoli

Green Beans

Asparagus

Radish

Mushrooms

Cauliflower

Sprouts

Zucchini

Kale

Parsley

Cilantro

Oregano

Peppercorns

Italian Seasoning

Soup / Broth 8 Minutes

=====

Meatless Keto Veggie Soup (6 Quarts)

1/4 Green or Red Cabbage
5 Cloves Crushed Garlic
1 Onion
3 Medium Carrots
3 Stalks Celery
2 Quarts Beef Bone Broth
3 scoops Pure Stevia Powder

1 Tsp Salt
1/4 Tsp Pepper
1/2 Tsp Each
Dried Basil
Dried Red-Pepper Flakes
Dried Rosemary
Dried Thyme
1 Tsp Each
Marjoram
All Spice
3 Bay Leaves

Simmer Cabbage in Chicken or Beef Bone Broth for about 15 minutes
Sauté Onions and Garlic in Avocado Oil

Add Onions, and Garlic to Cabbage in 6-quart Instant Pot
Add other ingredients and mix thoroughly
Add Spices and Mix again

Optional Veggies: Add any or all the Following Ingredients

Broccoli	Green Beans	Asparagus	Radish
Mushrooms	Cauliflower	Sprouts	Zucchini
Parsley	Cilantro	Oregano	Peppercorns
Italian Seasoning			

Soup / Broth 8 Minutes