

Slow Cooker Keto Chili **by Sincerely Legenia**

Prep Time: 20 minutes

Start to Finish: 6 hr. 20 minutes

Ingredients:

2 lb. of any lean ground meat (beef or turkey)

1 large onion, chopped

(1 cup) 2 cloves garlic, finely chopped

1 (28 oz.) can diced tomatoes, undrained

1 (15 oz.) can tomato sauce (no sugar)

1 tbs. garlic powder

1 tbs. onion powder

2 tbs. chili powder

1 ½ tsp. ground cumin

½ tsp. salt

½ tsp. pepper

1. In a 12 inch skillet, cook beef and onion over medium heat until brown (about 10 minutes), stirring occasionally, drain.
2. In a 4 - 5 quart slow cooker, mix beef and onion mixture with remaining ingredients.
3. Cover and cook on low heat setting for 6 to 8 hours.

Serving Size: 1 ¼ cup

Calories: 280

Fat: 15g (Saturated 5g)

Carbohydrates: 3g

Protein: 20g