

Keto Zucchini Pasta with Chili

KETO FRIENDLY | GLUTEN FREE



Prep:

15 min

Cook:

1-4 hrs

Serves:

4-6

INGREDIENTS

- 1 medium zucchini, spiralized into long noodles
- 1 lb ground beef
- 1 celery stick, chopped
- 1 onion, chopped
- Bell peppers, chopped
- Mushrooms, sliced or chopped
- Tomato paste
- Canned tomatoes
- Stock or water, as needed
- Butter or olive oil for frying
- Seasoning to taste: salt, pepper, garlic, chili powder, paprika, Italian herbs or your preferred chili seasoning

Ingredient note

Use organic ingredients whenever possible. Choose whole-food ingredients without added sugar, fillers, preservatives or artificial ingredients.

INSTRUCTIONS

1. Make the zucchini spirals with a spiralizer. Use them uncooked as a fresh pasta alternative, or warm very lightly if preferred.
2. Fry the onion in butter or olive oil until golden, then transfer it to a large pot.
3. In the same pan, fry the ground beef separately until cooked through. Season well to taste.
4. Add the cooked beef to the pot with the onion.
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6. Add the chopped celery, peppers, mushrooms, tomato paste, canned tomatoes and enough stock or water to loosen the sauce.
7. Simmer gently for 1 to 4 hours. A longer simmer improves the flavour.
8. Serve the chili immediately over zucchini spirals. It can also be served over broccoli or spinach.

VICTORIA'S TIP

This is a two-part recipe: the zucchini noodles are the pasta alternative, and the chili is the rich topping. The zucchini spirals do not need to be cooked. Keeping them fresh helps them hold their texture. This chili is flexible. Adjust the vegetables, seasoning and simmering time to suit what you have on

APPROXIMATE NUTRITION

Approximate nutrition per serving, based on 6 servings with beef and vegetables, before optional cheese or avocado toppings: Calories: 250-320 Protein: 18-24 g Net carbs: 6-9 g Fat: 16-22 g

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