

Keto Instant Pot ebook

Includes
Slow Cooker Directions!

maria emmerich

International Best Selling Author

73 tasty recipes!



KETO INSTANT POT EBOOK

Maria and Craig Emmerich

Keto Instant Pot eBook

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Published by Maria and Craig Emmerich.



Thank You

I, like many of you, have had some really difficult times in my life. Life, like waves of the ocean, has high points as well as low points. It is during those low points that I had to stop spending money at restaurants and start cooking at home, which helped form me into the healthy ketogenic cook I am today. I have learned to accept the low parts of the wave and to have gratitude for the high waves. The hardships taught me amazing life-long lessons. I struggled out of the cocoon and it made me a butterfly with strong wings.

I am grateful to my love and best friend, Craig, who never complains even though I often mess up the kitchen as soon as he cleans it. He also has been a huge part of this book: picking up all the groceries, testing recipes, as well as adding the detailed nutritional information for all the recipes.

I am grateful for my boys Micah and Kai who love to help me in the kitchen. Even though it takes twice as long to get dinner on the table when they help me, it is totally worth it. When we had to put our adoption on hold I was completely devastated, but I remember my mom telling me that my children just weren't born yet... I cry as I write this because she was totally right. These two boys were meant for me!

I want to express my gratitude to you, the reader! I can't thank you enough for all your love and support through my journey!

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Introduction



IN THIS BOOK I USED MANUAL SETTING ON MY INSTANT POT, THIS WAY IF YOU HAVE A DIFFERENT BRAND OF PRESSURE COOKER, YOU CAN STILL FOLLOW THE RECIPES! JUST PRESSURE COOK FOR THE ALLOTTED TIMES IN THE DIRECTIONS.

WHAT IS A FOIL SLING?

Make a tinfoil hammock for the dish to sit on in the [Instant Pot](#) or [slow cooker](#) while baking. Take a 2 1/2 feet by 2 1/2 feet piece of foil and fold one edge up in 2 inch increments. Keep folding until you have a 2 1/2 feet by 2 inch piece of foil. Set the foil hammock onto a steamer rack into the [Instant Pot](#) with the long edges hanging out. Place the pan onto the foil hammock. This allows for easy lifting out of the Instant Pot.

NOTE: Keep the foil hammock for future recipes where you want to lift out a dish or ramekins such as my [Mama Maria's Italian Mushrooms](#) (page 67).

INSTANT POT FAILS:

I have over 10 recipe testers that tested recipes in this book. If a recipe didn't taste fantastic, it was pulled from the book. If your recipe didn't turn out here are some common problems that occur when Instant Pot Cooking:

1. The seal was broken.

This is why I have multiple sealing rings in a drawer. When you use your Instant Pot a lot or do not seal it properly, food will not pressure cook or will take a larger amount of time. You may notice a loud sound or air leaking out if the seal isn't properly in place.

2. You used a larger or smaller ounce piece of protein.

One of my testers used small boneless chicken thighs instead of boneless skinless chicken breasts in my [Chicken Korma recipe](#) (page 38). She said it was delicious but over-done. If you decide to use a different ingredient, make sure to adjust the times listed.

3. Condensation leaked in.

Water can ruin recipes, especially cheesecake (page 100). Skipping steps such as placing paper towel over a dish can cause it to curdle or cause a sauce to get watery.

4. You subbed coconut flour for almond flour.

[Coconut flour](#) is completely different than almond flour. You use about 1/4 the amount of coconut flour and have to add additional moisture.

REHEATING IN INSTANT POT

Using your Instant Pot is a great way to reheat leftovers, however the reheating instructions after each recipe are the ways I tested and I know work. However, if you want to use your instant pot to reheat, here are my tricks:

1. SLOW COOKER FUNCTION: This works great for reheating leftover soups or drinks.
2. TIME ON SLOW COOKER FUNCTION: The timing is flexible on this; anywhere above 5 minutes works. I like this function because I can turn it on to reheat and my family can scoop out soup whenever they want to eat.
3. TOP RECIPES TO REHEAT ON SLOW COOKER MODE: All of my soup recipes and Stuffed Mushroom Recipe.
4. SAUTE MODE: This works great for recipes that you may want to recrisp the outside. Make sure to add a tablespoon of fat to the bottom before adding leftovers for reheating.
5. TIME ON SAUTE: on average 2 to 3 minutes per side of a piece of meat. Just enough to heat through and crisp the outside.
6. KEEP WARM MODE: I like this mode for any recipe in this book made in a casserole dish. You place the leftovers into a 1 quart casserole dish and use a foil sling (page 2) to lower into the pot. Cover with a glass lid to see when the contents such as cheese is melted. Press Keep Warm button.
7. TIME ON KEEP WARM: The timing is flexible on this; anywhere above 5 minutes works. I like this function because I can turn it on to reheat and we can eat whenever we are ready.

ALTITUDE ADJUSTMENTS:

Cook times in instant pots vary by elevation. A good rule of thumb is to increase cooking time by 5% for each 1000 feet over 2,000 feet above sea level. We made and tested the recipes near sea level so if you live at 4,000 feet altitude, add 10%.



Plan Plan Plan = Success

I am a working mom of 2 boys and healthy eating is a priority to me.

I get asked all the time how I do it?

I plan ahead! This way I can enjoy life! I am even paddle boarding as I write these tips! No lie! I am on a paddle board off of Maui watching for humpback whales and multi-tasking!

I often fill my [slow cooker](#) the night before while my kids help clean up dinner; before my kids were old enough to help, my husband helped while we chatted about the day. I put the shell of the slow cooker in my fridge. I prep any fixings the night before too. This helps with my stress for the next day because I don't need to worry about what we are having for dinner!

If you forgot to prep, no worries! The [Instant Pot](#) directions are at your fingertips!





Break "Fast"

Glazed Breakfast Cake

VEGETARIAN

DAIRY
FREE



Prep Time: 12 minutes
Cook Time: 30 minutes
Servings: 6

Streusel Topping:

1/4 cup [blanched almond flour](#)
1/4 cup [Swerve confectioners](#)
2 tablespoon [coconut oil](#) or butter
1/2 teaspoon cinnamon

Batter:

1 1/2 cup blanched [almond flour](#)
3/4 cup [Swerve confectioners](#)
1/2 cup coconut milk
1 large egg, lightly beaten
1 teaspoon vanilla or almond extract

Glaze:

3 tablespoon unsweetened almond milk
plus a little more
1/2 cup [Swerve confectioners](#)

- 1 INSTANT POT: Place a trivet into a 6 quart instant pot and add one cup water.
- 2 Blend all batter ingredients in a large bowl until well blended. Combine the streusel ingredients together in a small bowl and set aside. Line a 6 inch cake pan with a piece of parchment paper. Grease the parchment and Spoon half the batter into the cake pan. Sprinkle 1/2 the streusel mixture onto the batter. Top with the rest of the batter. Then sprinkle the rest of the streusel over the breakfast cake. Seal the lid and steam nozzle. Bake on manual for 30 minutes. Meanwhile, make the glaze by placing the glaze ingredients into a small bowl and stir well to combine, set aside.
- 3 Let pressure release naturally. Use the foil handles from the sling to lift the cake out of the Instant Pot.
- 4 Let cake rest 10 minutes and then invert onto plate, peel off parchment paper. Then invert again onto serving platter. Once cool, spoon glaze over top.
- 5 SLOW COOKER: Grease a 2-quart slow cooker. Cut a piece of parchment paper to fit the bottom and grease well.
- 6 In a small bowl, mix the streusel ingredients and set aside. In a medium bowl, mix the batter ingredients until well blended. Spoon 1/2 batter in slow cooker. Sprinkle 1/2 streusel mixture on top and then repeat with remaining batter and streusel. In a small bowl, whisk almond milk and natural sweetener until slightly runny in consistency and set aside.
- 7 Cover and cook on low for 3 to 4 hours or until toothpick inserted in center comes out clean.
- 8 Let cake rest 10 minutes and then invert onto plate, peel off parchment paper. Then invert again onto serving platter. Once cool, spoon glaze over top.
- 9 STORAGE: Store in airtight container in the fridge for up to 7 days or in the freezer for up to a month.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
271	25g	8g	8g	4g

French Toast Rice Pudding

VEGETARIAN

NUT
FREE

DAIRY
FREE



Prep Time: 5 minutes
Cook Time: 7 minutes
Servings: 2

½ cup heavy cream (or full-fat coconut milk for dairy-free)

1/3 cup [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener

2 (8-ounce) packages [Miracle Rice](#), drained and rinsed

2 large eggs, lightly beaten

1 teaspoon maple extract or vanilla extract

1/8 teaspoon fine sea salt

For Garnish (Optional):

Ground cinnamon

Melted butter or [coconut oil](#) if dairy-free

- 1 INSTANT POT: Place all of the ingredients in a large bowl and mix well. Taste and adjust the sweetness to your liking. Transfer the mixture to 2 7-ounce ramekins or heat-safe teacups.
- 2 Set a trivet in a 6-quart Instant Pot and pour 1 cup of cold water into the pot. Use a foil sling (see page 2) to lower the ramekins onto the trivet. Tuck in the sides of the sling.
- 3 Seal the lid, press Pressure Cook or Manual, and set the timer for 7 minutes. Once finished, let the pressure release naturally. Lift the ramekins out of the Instant Pot using the foil sling.
- 4 Serve warm garnished with a sprinkle of cinnamon and a drizzle of melted butter, if desired.
- 5 SLOW COOKER METHOD: Complete Step 1. Pour 1 cup of hot water into a 6-quart slow cooker or larger. Place the ramekins in the slow cooker. Cover and cook on low for 3 hours or until the custard has thickened and coats the back of a spoon. Proceed to Step 5.
- 6 STORAGE: Store in an airtight container in the fridge for up to 5 days.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
279	28g	8g	2g	0.1g

Coffee Cake

VEGETARIAN

DAIRY
FREE



Prep Time: 12 minutes
Cook Time: 30 minutes
Servings: 14

4 cups blanched [almond flour](#), or 1 cup [coconut flour](#)

1 tablespoon baking powder

1 teaspoon ground cinnamon

¾ teaspoon fine sea salt

2/3 cup butter or [coconut oil](#)

1 1/3 cups [Swerve confectioners](#)

1½ teaspoons vanilla extract

3 large eggs (6 eggs if using [coconut flour](#))

2/3 cup unsweetened almond milk

Cinnamon Syrup:

½ cup [Swerve confectioners](#)

6 tablespoons (¾ stick) butter, melted (or [coconut oil](#) if dairy-free)

1 tablespoon ground cinnamon

1 teaspoon vanilla extract

Cream Cheese Frosting:

1 (8-ounce) package cream cheese, or kite Hill dairy free cream cheese

¼ cup unsweetened vanilla-flavored almond milk

¼ cup [Swerve confectioners](#)

- 1 INSTANT POT: Set a trivet in a 6-quart Instant Pot and add 1 cup of water to the Instant Pot. Line a 7-inch round cake pan with parchment paper. Grease well.
- 2 Place all of the dry cake ingredients in a large bowl and whisk until combined. Add the remainder of the cake ingredients and mix with a hand mixer until thoroughly combined. Spoon the batter into the pan. Mix the cinnamon syrup ingredients in a small bowl and spoon that mixture evenly on top of the cake.
- 3 Make a foil sling and use it to lower the cake pan onto the trivet in the Instant Pot. Tuck in the sides of the sling.
- 4 Seal the lid, press Pressure Cook or Manual, and set the timer for 30 minutes. Once finished, let the pressure release naturally. Lift the cake pan out of the Instant Pot using the foil sling.
- 5 Let the cake rest for 10 minutes in the pan.
- 6 Meanwhile, make the cream cheese frosting: In a medium-sized bowl, beat the cream cheese with the almond milk and sweetener with a hand mixer. Add more sweetener, to taste if desired.
- 7 Once the coffee cake has cooled, invert the pan onto a plate and peel off the parchment paper. Then invert again onto a serving platter. Dollop a tablespoon or two of the frosting on top of the cake.
- 8 SLOW COOKER METHOD: Grease the crock insert of a 4-quart slow cooker. Cut a piece of parchment paper to fit the bottom and grease well. Proceed to Step 2 to prepare the batter for the slow cooker; however, note that the batter will go directly into the prepared slow cooker.
- 9 Cover and cook on low for 3 to 4 hours, until a toothpick inserted in the center comes out clean. Let the cake rest for 10 minutes, then invert the insert onto a plate and peel off the parchment paper. Then invert the cake onto a serving platter. Proceed to Steps 6 and 7.
- 10 STORAGE: Store in an airtight container in the fridge for up to a week or in the freezer for up to a month. NOTE: The cream cheese frosting has soft texture, almost like glaze. If you'd like a firmer frosting, you can make the cream cheese frosting ahead of time and store it in the fridge; it will thicken once chilled.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
383	36g	10g	8g	4g

Low Carb Bread

VEGETARIAN



Prep Time: 6 minutes
Cook Time: 30 minutes
Servings: 12

- 2 cups blanched [almond flour](#)
- 5 tablespoons [coconut flour](#)
- 4 teaspoon baking powder
- 1 tablespoon [Swerve confectioners](#)
(or equivalent liquid or powdered sweetener)
- 1½ teaspoon garlic powder
- ½ teaspoon fine grain sea salt
- 1½ cups shredded sharp cheddar
- 1 cup unsweetened almond milk
- 1 large egg, beaten
- 2 tablespoon butter, melted

- 1 Place the almond flour, coconut flour, baking powder, natural sweetener, garlic powder and salt into a medium bowl. Use a hand mixer to combine well. Stir in shredded cheese. In another bowl, stir together almond milk, egg and butter. Add liquid ingredients to dry ingredients. Mix until combined well.
- 2 **INSTANT POT:** Place a trivet in a 6 quart Instant Pot and add ½ cup water. Make a tinfoil hammock for the dish to sit on in the Instant Pot (see page 2). Line a 6 inch cake pan with a piece of parchment paper. Grease the parchment and Spoon the batter into the cake pan. Seal the lid and steam nozzle. Bake on manual for 30 minutes. Let pressure release naturally. Use the foil handles from the sling to lift the cake out of the Instant Pot.
- 3 **SLOW COOKER:** Place a piece of greased parchment into a 4 quart slow cooker. Scoop dough into greased parchment in a slow cooker. Cover and cook on **LOW** for about 4 hours or until a toothpick inserted into the middle comes out clean.
- 4 **SERVING:** Remove from vessel and cool. Once cool, slice and serve.
- 5 **STORAGE:** Let bread rest 10 minutes and then invert onto plate, peel off parchment paper. Then invert again onto serving platter. Once cool, slice into 1 inch thick sticks. Store in airtight container in the fridge for up to 7 days or in the freezer for up to a month.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
202	17g	9g	6g	3g

French Toast Granola

VEGETARIAN

NUT
FREE

DAIRY
FREE

EGG
FREE



Prep Time: 5 minutes
Cook Time: 2 minutes
Servings: 14

2 cups chopped pecans
½ cup chopped walnuts
½ cup slivered almonds
1 cup sunflower seeds
½ cup sesame seeds
1¾ cups vanilla egg white protein powder
1¼ cups butter or [coconut oil](#) (if dairy-free), softened
½ cup [Swerve confectioners](#)-style sweetener or equivalent amount of liquid or powdered sweetener
2 teaspoons maple extract
1 teaspoon ground cinnamon
½ teaspoon fine sea salt

- 1 INSTANT POT: Place all of the ingredients in a 3-quart or larger Instant Pot. Stir well to combine.
- 2 Seal the lid, press Manual, and set the time to cook for 2 minutes. (The pressure ball may not rise much but only needs heat to create a crispy cereal after cooling.) Once finished, let the pressure release naturally, about 15 minutes.
- 3 Stir well and pour the granola onto a piece of parchment to cool. It will become crispy when completely cool.
- 4 SLOW COOKER METHOD: Place all of the ingredients in a 4-quart slow cooker. Stir well to combine. Cover and cook on low for 2 to 3 hours, until the butter is melted and the nuts are a bit toasted (the granola will still be soft). Proceed to Step 3 above.
- 5 SERVE: Place the granola in bowls and pour unsweetened vanilla almond milk on top and serve immediately.
- 6 STORAGE: Store in an airtight container in the fridge for up to 1 week or in the freezer for up to a month.
- 7 NOTE: If you use coconut oil, this granola is “shelf stable” and doesn’t need refrigeration. Perfect for family outings and vacations!

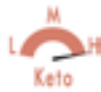
Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
430	39g	15g	8g	4g

*Main
Dishes*



Beef Tips Over Keto Rice



Prep Time: 5 minutes
Cook Time: 34 minutes
Servings: 10

1 tablespoon [coconut oil](#) or butter
¼ cup diced onions
4 cloves garlic, minced
2 cups beef bone broth, homemade or store-bought
1 teaspoon fine ground sea salt
1 teaspoon ground black pepper
1 (5-pound) boneless top sirloin or rump roast, cut into 1-inch cubes
Fresh parsley or thyme leaves, for garnish (optional)

KETO “RICE”

8 large eggs
½ cup full-fat coconut milk
2 tablespoons beef bone broth, homemade or store-bought
1 teaspoon fine sea salt
½ teaspoon ground black pepper
Chopped fresh herbs, such as cilantro, rosemary, or thyme, for garnish

- INSTANT POT:** Place the coconut oil in the bottom of a 6 quart Instant Pot. Press Saute, once melted, add the onions and garlic and cook for 4 minutes or until onions are soft. Add the broth, roast, salt and pepper. Seal and press Manual for 30 minutes or until roast is fork tender. Once finished press Natural Release.
- SLOW COOKER:** Place the broth, onions, garlic, salt, and pepper in a 4-quart or larger slow cooker. Place the cubed roast on top of the broth mixture. Cook, covered, on low for 6 hours. The roast is done when the meat is very tender and falls apart easily.
- SERVE:** Serve the meat with the sauce. Garnish with fresh parsley or thyme, if desired.
- STORAGE:** Store in an airtight container in the refrigerator for up to 5 days. To reheat, place the meat in a large cast-iron skillet over medium heat, stirring occasionally, for 5 minutes or until warmed through.
- KETO RICE:** Place the eggs, coconut milk, broth, salt, and pepper in a bowl and whisk until well combined.
- Pour the egg mixture into a 6 quart Instant Pot and press Saute (or a medium-sized saucepan over medium high heat) and cook over medium heat until the mixture thickens and small curds form, continuously whisking and scraping the bottom of the pan and stirring to keep larger curds from forming. (A whisk works well for this task.) This will take about 5 minutes.
- SERVE:** Place the “rice” on a platter. If extra liquid is released, soak it up with a paper towel before serving. Garnish with herbs, if desired.
- STORAGE:** Store in an airtight container in the refrigerator for up to 4 days. To reheat, place the rice in a lightly greased skillet over medium heat and sauté, stirring often, for 3 minutes or until warmed through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
523	32g	53g	2g	0.5g

Nutritional Info without Rice:

445 calories, 26g fat, 48g protein, 1g carbs, 0.4g fiber



Mexican Country-Style Ribs



Prep Time: 5 minutes
Cook Time: 30 minutes
Servings: 4

1 cup salsa, plus more for serving
2 pounds boneless country-style beef ribs
Guacamole, for serving (optional)
Chopped fresh cilantro leaves, for garnish

- 1 INSTANT POT: Place the salsa in a 6-quart Instant Pot. Add the ribs and stir to coat.
- 2 Seal the lid, press Meat/Stew, and set the timer for 25 minutes. Once finished, let the pressure release naturally.
- 3 Serve the ribs with the sauce from the pot and additional salsa and guacamole, if desired. Garnish with cilantro.
- 4 SLOW COOKER METHOD: Complete Step 1 using a 4-quart or larger slow cooker. Cover and cook on high for 3 to 4 hours or on low for 6 to 8 hours, until the ribs are fork-tender. Proceed to Step 3.
- 5 STORAGE: Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place on a rimmed baking sheet in a preheated 350°F oven for 5 minutes or until heated through.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
665	44g	60g	2g	0g

French Dip Sandwiches



Prep Time: 5 minutes

Cook Time: 1 hour 45 minutes

Servings: 12

- 1 (4-pound) boneless beef roast
- 4 cups beef broth, homemade (page 98) or store-bought
- 4 teaspoons [wheat-free tamari](#)
- 1 teaspoon dried rosemary leaves, crushed
- 1 teaspoon garlic powder
- ½ teaspoon dried thyme leaves
- 3 whole black peppercorns
- 1 bay leaf

For Serving:

- 12 slices [Low Carb Bread](#) (page 8)
- Butter (optional; omit for dairy-free)
- 12 slices provolone cheese (optional; omit for dairy-free)

- 1 INSTANT POT: Place all of the ingredients in a 6-quart Instant Pot. Seal the lid, press Pressure Cook or Manual, and set the timer for 100 minutes. Once finished, let the pressure release naturally.
- 2 Remove the lid and use two forks to shred the beef. Then remove the meat from the broth, reserving the broth. Preheat the oven to broil.
- 3 Place the bread slices on a rimmed baking sheet. (If you're not planning to eat all of the sandwiches right away, toast only the number of bread slices you're going to eat.) Spread some butter on each slice, if desired, then broil for 2 to 3 minutes, until toasted.
- 4 Divide the shredded meat evenly among the toasted bread slices. Top each with 2 slices of provolone cheese, if using, and return to the oven for 2 minutes or until the cheese is melted.
- 5 Serve the sandwiches hot, with the reserved broth in small ramekins for dipping.
- 6 SLOW COOKER METHOD: Complete Step 1. Cover and cook on high for 4 hours or on low for 8 hours, or until the beef is fork-tender. Proceed to Step 3.
- 7 STORAGE: Store the beef and reserved broth in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in a saucepan over medium heat, stirring occasionally, for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
683	48g	54g	7g	3g



Sloppy Joes



Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 4

- 1 tablespoon unsalted butter (or [coconut oil](#) for dairy-free)
- 1 pound ground beef
- 2 tablespoons onion, chopped
- 1 stalk celery, chopped
- 1 clove garlic, minced
- ¼ cup tomato paste
- ¾ cup beef broth
- 1 tablespoon [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener
- 1½ teaspoon coconut or apple cider vinegar
- ½ teaspoon prepared yellow mustard
- ½ teaspoon fine sea salt
- 1/8 teaspoon ground black pepper

For Serving:

- Butter lettuce leaves
- [Low Carb Bread](#) (page 8), optional
- Sliced red onions
- Cherry tomatoes

- INSTANT POT:** Coat the bottom of a 6-quart Instant pot with the coconut oil. Add the ground beef, onion, celery and garlic and press Sauté. Cook while crumbling the meat for 5 minutes or until beef is almost cooked through. Press Cancel to stop the Sauté. Drain the excess grease. Stir in all of the remaining ingredients. Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes. Once finished, let the pressure release naturally. Remove the lid and stir well before serving.
- Serve wrapped in lettuce leaves, or on quick break (if desired), with red onion slices and cherry tomatoes.
- SLOW COOKER METHOD:** Place the ground beef, onion, celery and garlic in a 6-quart slow cooker. Stir in all of the remaining ingredients. Cover and cook on high for 3 hours or on Low for 6 hours, until the beef is cooked through. Stir about 1 hour into cooking to crumble the beef. Proceed to Step 4.
- STORAGE:** Store in an airtight container in the fridge for up to a week or in the freezer for up to a month. To reheat, place in a stockpot over medium heat, stirring occasionally, for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
334	26g	21g	4g	1g



Coq au Vin Fondue



Prep Time: 8 minutes
Cook Time: 5 minutes
Servings: 8

8 cups beef broth, homemade or store-bought

4 cloves garlic, minced

2 sprigs fresh rosemary

2 sprigs fresh thyme

Serving Suggestions (allow 4 ounces total per person):

Boneless, skinless chicken thighs, cut into 1-inch chunks

Fillet of beef, cubed

Smoked sausage of choice, sliced

1 batch uncooked meatballs, (Pizza Meatballs without sauce, page 68)

Button mushrooms, stemmed, halved if large

Cherry tomatoes

Fine sea salt and ground black pepper

Special Equipment:

Fondue pot (optional) and set of fondue forks

- 1 **INSTANT POT:** Place the broth, garlic, rosemary, and thyme in a 6-quart Instant Pot. Press Sauté to begin heating the seasoned broth to about 375°F. If using a fondue pot, follow the manufacturer's instructions to heat the seasoned broth in the fondue pot to 375°F.
- 2 While the broth is heating, season the chicken, beef, and mushrooms with salt and pepper.
- 3 Once the coq au vin is at a gentle simmer and has reached temperature, place a piece of meat or a mushroom on a fondue fork and dip it into the broth until cooked through, 3 to 5 minutes for most of the serving suggestions but only 30 seconds for cherry tomatoes.
- 4 **STORAGE:** Store in an airtight container in the fridge for up to 3 days. To reheat in a fondue pot, heat on high for 2 minutes or until warmed through, then lower the temperature to medium. Note: If you cooked raw meat in the broth, be sure to bring the coq au vin to a boil before serving.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
118	7g	11g	3g	1g

NOTE: Nutritional info is with 1 batch meat balls.

Cheeseburger Wraps



Prep Time: 9 minutes
Cook Time: 3 minutes
Servings: 4

Special Sauce:

- ½ cup mayonnaise
- ¼ cup chopped dill pickles
- 3 tablespoons tomato sauce
- 2 tablespoons [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener
- 1/8 teaspoon fish sauce (optional, for umami flavor) or fine sea salt

Filling:

- 2 teaspoons unsalted butter
- 2 tablespoons diced onions
- 1 clove garlic, smashed to a paste or minced
- 1 pound ground beef
- 1 teaspoon fine sea salt
- ¼ teaspoon ground black pepper
- 1 cup shredded cheddar cheese (about 4 ounces), divided
- Toasted sesame seeds, for garnish
- Sliced dill pickles, for garnish
- Cherry tomatoes, halved
- Boston leaf lettuce, for serving

- 1 Make the sauce: Combine the baconnaise, chopped pickles, tomato sauce, sweetener, salt, and fish sauce, if using, in a pint-sized jar. Shake well and store covered in the fridge for up to 5 days.
- 2 INSTANT POT: Make the filling: Place the butter in a 6-quart Instant Pot and press Sauté. Add the onions and sauté for 2 minute, or until soft. Add the garlic and sauté for another minute. Add the ground beef, salt, and pepper and stir well, breaking up the ground beef. Seal and press Manual for 1 minute or until cooked through. Once finished, press Quick Release.
- 3 SLOW COOKER METHOD: Place the butter, onion, garlic and ground beef, salt and pepper in the slow cooker and stir well to break up the beef. Cover and cook on low for 2 hours or until beef is cooked through.
- 4 SERVE: Uncover the vessel and top the ground beef with the cheese. Garnish with toasted sesame seeds and sliced dill pickles. Serve with lettuce for wraps and the dressing.
- 5 STORAGE: Store the casserole and dressing in separate airtight containers in the fridge for up to 4 days. To reheat the casserole, place in a lightly greased skillet over medium heat for about 3 minutes, until heated through.
- 6 BUSY FAMILY TIP: If there's no ground beef thawed, you have the option of making this with 1 pound of still-frozen meat: sauté the onions and garlic in butter/ghee in the IP, remove and set aside. Rinse the pot in hot water, dry the outside of the pot well. Put in the trivet and add 1 cup of cold water. Place the block of frozen ground beef on the trivet, close and seal the lid. High Pressure 35 minutes, Quick Release. In the meantime, make the sauce, prep the fillings and you'll likely have time to set the table and clean up your prep dishes too. When the ground beef is cooked through (you can use a meat thermometer to double-check; you want at least 160°F) put the beef in a bowl and break it up, add the sautéed onion, garlic, salt and pepper, and top with the grated cheese. Ta-da! You're ready to eat and enjoy!

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
606	54g	27g	2g	0.2g



Shredded Beef



Prep Time: 5 minutes
Cook Time: 70 minutes
Servings: 12

- 1 tablespoon [coconut oil](#) or butter
- 1/2 cup onion, sliced
- 3 cloves garlic, minced
- 1 (4 lb) grass fed beef chuck roast
- 1/2 cup beef broth
- 1/2 cup coconut or red wine vinegar
- 1/2 to 1 tablespoon chili powder, depending on how spicy you prefer
- 1 1/2 teaspoons sea salt
- 1 teaspoon fresh ground pepper
- Garnish with fresh thyme if desired

- 1 INSTANT POT: Place the oil in 6 quart Instant Pot. Add the onions and garlic in the Instant Pot and press Saute for 4 minutes, until onions are soft. Add the beef, broth, vinegar, chili powder, salt and pepper into a 6 quart Instant Pot. Seal and press Manual for 70 minutes. Once finished select Natural Release.
- 2 SLOW COOKER: Place the beef, broth, vinegar, onion, garlic, chili powder, salt and pepper into a 6 quart slow cooker. Cover and cook on HIGH for 5 hours or LOW for 8 hours, or until beef shreds easily with 2 forks.
- 3 SERVE: Open vessel and shred with 2 forks. Garnish with fresh thyme leaves if desired.
- 4 STORAGE: Store beef in an airtight container in the fridge for up to 5 days. To reheat, place into a lightly greased skillet over medium heat for 5 minutes or until heated through.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
461	38g	27g	1g	0.4g

Philly Cheesesteak



Prep Time: 5 minutes
Cook Time: 100 minutes
Servings: 8

1 tablespoon [coconut oil](#) or butter
1 sliced onion
2 green bell pepper, sliced
2 cloves minced garlic
2 lb. grass fed beef strip loin
2 cup beef broth (homemade or store-bought)
2 tablespoons [organic Tamari](#) (soy) sauce
Celtic sea salt and pepper if desired
8 slices [Low Carb Bread](#) (page 8)

Optional:

16 slices Provolone cheese
Butter for Low Carb Bread

- 1 INSTANT POT: Place oil in a 6 quart Instant Pot. Add onions, sliced bell peppers and garlic. Press Saute to cook for 4 minutes or until soft. Add the beef, broth and Tamari into the Instant Pot. Seal and press Manual for 60 minutes. Once finished press Natural Release. Use 2 forks to shred the beef. Taste and add salt and pepper if desired.
- 2 SLOW COOKER: Place all the ingredients in a 6 quart slow cooker. Cover and cook on LOW for 8 hours or HIGH for 4 hours, or until beef is fork tender and shreds easily with 2 forks. Use 2 forks to shred the beef.
- 3 SERVE: Just before serving, preheat oven to broil for toasting the bread. Remove meat from broth, reserving broth. Place slices of Low Carb Bread on a rimmed baking sheet. Spread with butter and bake in the oven for 2-3 minutes or until toasted. Place meat on bread and top each roll with 2 slices of Provolone cheese. Put rolls back in the oven for 2 minutes or until cheese is melted. Serve sandwiches with reserved broth in ramekins for dipping sandwiches.
- 4 STORAGE: Store beef with juices in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
657	50g	43g	10g	4g

Takeout Beef and Broccoli



Prep Time: 5 minutes

Cook Time: 29 minutes

Servings: 4

1 tablespoon [coconut oil](#)

4 cloves garlic, minced

¼ cup diced onions

1 pound boneless, grass fed beef chuck
roast, sliced into ¾ inch cubes

1 teaspoon fine sea salt

½ teaspoon freshly ground black pepper

½ cup beef broth, homemade or store-
bought

3 tablespoons [wheat-free tamari](#)

1/3 cup [Swerve confectioners](#) (or equivalent
liquid or powdered sweetener)

1 tablespoon sesame oil

2 tablespoons grated fresh ginger

½ teaspoon guar gum (optional)

4 cup fresh broccoli flowerettes (if using
frozen broccoli, see NOTE)

- 1 **INSTANT POT:** Place the oil in 6-quart Instant Pot. Add the onions, and garlic in the Instant Pot and press Saute for 4 minutes, until onions are soft. Meanwhile, pat the beef dry and season well on all sides with salt and pepper. Press Sauté and brown the cubed beef on all sides.
- 2 In a medium bowl, mix the broth, tamari, sweetener, sesame oil, and ginger. Whisk in guar gum if using; pour into the Instant Pot. Seal and press Manual for 20 minutes. Once finished press Natural Release. Place the broccoli on the Instant Pot. Seal and press Manual for 5 minutes or until broccoli is very tender. Once finished, press Quick Release. Uncover and Stir to coat broccoli well. **NOTE:** If using frozen broccoli, thaw the broccoli while the beef is cooking and stir in to the Instant Pot with the finished beef and press Sauté for 2 minutes or until heated through.
- 3 **SLOW COOKER METHOD:** Pat the cubes of roast dry and season cubed beef on all sides with salt and pepper. Heat the oil in a skillet over medium heat, and brown the beef on all sides. Remove from skillet, reserving juices, and place into a 6-quart slow cooker. Add the onions and garlic in the skillet for 3 minutes, or until onions are tender. Add onion mixture into the slow cooker. In a medium bowl, mix the broth, tamari, sweetener, sesame oil, and ginger. Whisk in guar gum if using; pour into the slow cooker. Cover and cook on low for 6 hours or until beef is tender. Add the broccoli into the slow cooker. Stir to coat. Cover and cook on HIGH for 30 minutes or until broccoli is very tender.
- 4 **SERVE:** If you prefer a thicker sauce, place the sauce from the vessel into a saucepot over medium high heat. Bring to a boil for 3-5 minutes or thickened to your liking. Stir sauce into the beef and broccoli. Place mixture into a large serving dish. Garnish with sliced green onion.
- 5 **STORAGE:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into a skillet over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
449	35g	25g	10g	3g



Taco Bar



Prep Time: 10 minutes
Cook Time: 21 minutes
Servings: 4

- 2 teaspoons [coconut oil](#)
 - ¼ cup onion, diced
 - 1 pound ground beef
 - ½ tablespoon chili powder
 - ½ teaspoon garlic powder
 - ½ teaspoon onion powder
 - 1 teaspoon paprika
 - 1 teaspoon ground cumin
 - 1 teaspoon fine sea salt
 - ¼ cup beef broth, homemade or store-brought
 - 2 tablespoons tomato sauce
- Serving:**
- 1 head Boston lettuce, leaves
 - ½ cup salsa
 - ½ cup Guacamole
 - 1/3 cup chopped green onions
 - 1/3 cup chopped red onions
 - 1/3 cup fresh cilantro leaves
 - ¼ cup sliced black olives

- 1 Place the oil in a 6-quart Instant Pot and press Saute. Once melted add the onions and cook for 3 minutes, or until onions are soft. Add the beef. Sprinkle on the seasoning, broth and tomato sauce. Seal and press Manual for 18 minutes. Once finished press Quick Release. Place mixture into serving bowl.
- 2 SLOW COOKER METHOD: Place the beef and onions in a 6-quart slow cooker. Sprinkle on the seasoning, broth and tomato sauce. Cover and cook on LOW for 3 hours or on HIGH for 1 hour. Stir well to break up the beef. Place mixture into serving bowl.
- 3 SERVE: While the beef is browning, place the taco shells or lettuce leaves in a bowl and place the salsa and guacamole in serving dishes. Gather any additional toppings for your taco bar. Assemble the tacos by filling the lettuce leaves with a spoonful of the cooked meat and the toppings of your choice.



Nutritional Info (per serving)				
Calories	Fat	Protein	Carbs	Fiber
408	32g	22g	9g	3g

Spaghetti Bolognese



Prep Time: 15 minutes
Cook Time: 15 minutes
Servings: 8

4 ounces bacon, diced
½ cup chopped onion
1 clove garlic, minced
1 teaspoon fine sea salt
½ teaspoon freshly ground black pepper
2 bay leaves
¼ cup fresh flat-leaf parsley
3 tablespoons fresh thyme
3 tablespoons fresh oregano
1 pound ground beef
½ pound ground Italian sausage
2 cups Marinara sauce (homemade or store bought)
4 cups crushed tomatoes and their juice
1 cup beef broth, homemade or store-bought
½ teaspoon stevia glycerite (optional, for a little sweetness)
¼ cup heavy cream (if not dairy sensitive)
2 tablespoons butter (if not dairy free)
2 medium zucchini, cut into thin “noodles,” for serving
1 cup grated Parmesan cheese (about 4 ounces), for serving (omit for dairy-free)

- 1 **INSTANT POT:** Place the diced bacon into a 6-quart (or larger) Instant Pot and press Sauté. Cook while crumbling occasionally for 4 minutes or until starting to crisp and fat is rendered. Add the onion. Cook for 4 minutes, stirring frequently, until soft. Add the garlic, salt, pepper, Italian seasoning and bay leaves. Cook for 30 seconds, stirring. Add the beef, and Italian sausage and stir well to combine. Add the marinara sauce, tomatoes, broth, and stevia, if using. Seal and press Manual for 10 minutes or until meat is cooked through. Once finished press Natural Release.
- 2 **SLOW COOKER METHOD:** Place the diced bacon into a skillet over medium high heat while crumbling occasionally for 4 minutes or until starting to crisp and fat is rendered. Add the onion. Cook for 4 minutes, stirring frequently, until soft. Add the garlic, salt, pepper, Italian seasoning and bay leaves. Cook for 30 seconds, stirring. Place into a 6-quart slow cooker and add the beef, and Italian sausage and stir well to combine. Add the marinara sauce, tomatoes, broth, and stevia, if using. Cover and cook on LOW for 8 hours or on HIGH for 4 hours or until meat is cooked through.
- 3 **SERVE:** Open vessel and add the cream and butter, if using, stir to combine. Remove from the heat and cover to keep warm until ready to serve. Before serving, adjust the seasoning to taste, remove bay leaves. Serve over the zucchini noodles topped with grated Parmesan cheese.
- 4 **STORAGE:** Store in airtight containers in the fridge for up to 4 days or in the freezer for up to a month. To reheat, place in a large skillet over medium heat for 5 minutes until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
409	30g	23g	10g	2g

Nacho Platter



Prep Time: 10 minutes
Cook Time: 21 minutes
Servings: 4

2 teaspoons [coconut oil](#)
¼ cup onion, diced
1 pound ground beef
½ tablespoon chili powder
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon paprika
1 teaspoon ground cumin
1 teaspoon fine sea salt
¼ cup beef broth, homemade or store-bought
2 tablespoons tomato sauce

Nacho Cheese Sauce:
1 tablespoon butter
½ cup beef broth homemade or store-bought
1 cup grated Monterey jack or sharp cheddar cheese

4 ounces cream cheese
1 teaspoon fine sea salt
1/8 teaspoon cayenne pepper (optional)

Serving:

4 cups shredded lettuce
5 mini bell peppers, sliced in ½ and de-seeded
¼ cup sliced black olives
1 jalapeno pepper, slice thin (optional)

- 1 INSTANT POT: Place the oil in a 6-quart Instant Pot and press Sauté. Once melted add the onions and cook for 3 minutes, or until onions are soft. Add the beef. Sprinkle on the seasoning, broth and tomato sauce. Seal and press Manual for 18 minutes. Once finished press Quick Release. Place mixture into serving bowl.
- 2 SLOW COOKER METHOD: Place the beef and onions in a 6-quart slow cooker. Sprinkle on the seasoning, broth and tomato sauce. Cover and cook on LOW for 3 hours or on HIGH for 1 hour. Stir well to break up the beef. Place mixture into serving bowl.
- 3 SERVE: While the beef is browning, make the nacho cheese sauce. Place the butter in a medium saucepan over medium heat. Add in the rest of the ingredients and stir well; season with the salt and cayenne. Use a stick blender to puree until smooth.
- 4 Place shredded lettuce on a serving platter. Top with sliced peppers, cooked beef mixture, nacho cheese sauce, sliced olives and slices of jalapeño if using.
- 5 STORAGE: Store the beef mixture and cheese sauce in separate airtight containers in the refrigerator for up to 4 days. To reheat, place the beef mixture in a lightly greased skillet over medium heat for about 3 minutes, until heated through. Place the cheese sauce in a saucepan over medium heat for 3 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
596	48g	30g	10g	3g



Italian Beef



Prep Time: 5 minutes
Cook Time: 25 minutes
Servings: 10

- 1 tablespoon butter (or [coconut oil](#))
(Instant Pot only)
- ¼ cup diced onions
- 4 cloves garlic, minced
- 2 cups marinara sauce (homemade or store-bought)
- 1 cup beef bone broth, homemade or store-bought
- 4 teaspoons Italian seasoning
- 1 teaspoon fine ground sea salt
- 1 teaspoon ground black pepper
- 1 (5-pound) boneless top sirloin or rump roast, cut into 1-inch cubes
- Fresh thyme or oregano leaves, for garnish (optional)

- 1 **INSTANT POT:** Place butter or coconut oil in the bottom of a 6 quart Instant Pot and press Saute. Once fat is melted, add the onion and cook for 3 minutes. Add the garlic and cook another minute. Add the marinara, broth, Italian seasoning, salt, pepper and cubed roast into the pot. Seal and press Manual for 25 minutes or until roast is fork tender. Once finished, press Natural Release.
- 2 **SLOW COOKER:** Place the marinara sauce, broth, onions, garlic, basil, oregano, salt,
- 3 and pepper in a 4-quart or larger slow cooker. Place the cubed roast on top of the broth mixture. Cook, covered, on low for 6 hours. The roast is done when the meat is very tender and falls apart easily.
- 4 **SERVE:** Serve the meat with the sauce from the slow cooker. Garnish with fresh thyme or oregano, if desired.
- 5 **STORAGE:** Store in an airtight container in the refrigerator for up to 3 days. To reheat, place the meat in a large cast-iron skillet over medium heat, stirring occasionally, for 5 minutes or until warmed through.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
382	26g	35g	1g	0.3g

Mama Maria's Italian Sloppy Joes



Prep Time: 5 minutes
Cook Time: 28 minutes
Servings: 4

- 1 pound ground beef
- 1 pound Italian Sausage (or more beef if pork-free)
- 2 tablespoons chopped onions
- 1 clove garlic, minced
- ½ teaspoon fine sea salt
- ⅛ teaspoon fresh ground black pepper
- 2 cups marinara sauce (homemade or sugar-free store bought)

- INSTANT POT:** Coat the bottom of a 6-quart Instant pot with the coconut oil. Add the ground beef, Italian Sausage, onion, and garlic and press Sauté. Cook while crumbling the meat for 5 minutes or until beef is almost cooked through. Press Cancel to stop the Sauté. Drain the excess grease. Stir in all of the sauce. Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes. Once finished, let the pressure release naturally. Remove the lid and stir well before serving.
- STOVE-TOP:** In a large sauté pan, brown the ground beef and Italian Sausage with the onions, and garlic for about 8 minutes; drain the fat. Season with salt and pepper and stir well. Stir in the marinara sauce. Simmer on low heat for 20 minutes to allow the flavors to open up and the sauce to thicken.
- SERVE AND STORAGE:** Serve in bowls or on keto buns or in lettuce wraps. Store extras in an airtight container in the fridge for up to 5 days, or freeze for up to a month.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
679	53g	40g	5g	1g



Chicken Enchiladas



Prep Time: 6 minutes
Cook Time: 20 minutes
Servings: 6

Filling:

2 chicken breasts

½ cup chicken broth (homemade or store-bought)

¼ cup diced onions

1 (4½-ounce) can green chilies, drained

Enchilada Sauce:

1 cup favorite salsa (check for added sugars and vegetable oils)

2 tablespoons tomato purée

¾ cup beef or chicken broth, homemade preferred but boxed works

¼ cup chili powder

¼ teaspoon ground cumin

¼ teaspoon garlic powder

Tortillas:

12 slices organic deli chicken

Topping:

Shredded Monterey Jack or sharp cheddar cheese (omit if dairy-free)

Chopped cilantro leaves

- 1 **INSTANT POT:** Place all the enchilada sauce ingredients in a blender and combine until smooth. Use for keto enchiladas. Can be made 3 days ahead.
- 2 Place the filling ingredients in a 4-quart or larger Instant Pot. Seal and press the Poultry button. Once finished, press Natural Release. Shred with a fork. Can be made up to 2 days ahead.
- 3 Place the sauce in the bottom of a 6-quart Instant Pot. Using a clean working area, lay out a slice of thinly shaved chicken. Place a few tablespoons of shredded chicken in the center of a slice of chicken. Roll up like an enchilada. Place onto sauce in the Instant Pot. Repeat with remaining filling and “tortillas.” Top with cheese if using. Seal and press Manual to cook for 2 minutes. Once finished, press Natural Release.
- 4 **SLOW COOKER METHOD:** Place the filling ingredients in a 4-quart slow cooker. Cook on low for 6 to 8 hours or on high for 4 hours. Shred with a fork. Can be made up to 2 days ahead.
- 5 Place the sauce in the bottom of a 6-quart slow cooker. Using a clean working area, lay out a slice of thinly shaved chicken. Place a few tablespoons of shredded chicken in the center of a slice of chicken. Roll up like an enchilada. Place onto sauce in the slow cooker. Repeat with the remaining filling and “tortillas.” Top with cheese if using. Cover and turn slow cooker on high for 30 minutes or until heated through and cheese is melted.
- 6 **SERVE:** To serve, use a large serving spoon to dish out the enchiladas and top with sour cream and cilantro if desired.
- 7 **STORAGE:** Store extras in an airtight container in the fridge for up to 5 days. Can be frozen for up to a month. To reheat, place in a casserole dish in the oven at 350°F for 6 minutes or until cheese is melted and enchiladas are heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
273	12g	32g	9g	2g



Chicken Lettuce Wraps



Prep Time: 5 minutes
Cook Time: 8 minutes
Servings: 6

2 tablespoons [coconut oil](#) or ghee (for Instant Pot only)

5 cloves garlic, chopped

½ cup chopped onions

½ teaspoon grated fresh ginger

2 pounds ground chicken

1 tablespoon [wheat-free tamari](#)

¼ cup chicken broth, homemade or store-bought

2 tablespoons coconut vinegar or apple cider vinegar

¼ teaspoon ground black pepper

1 heads Boston or romaine lettuce

Dipping Sauce (Optional):

¼ cup creamy almond butter, room temperature (or natural peanut butter)

½ cup plus 2 tablespoons [wheat-free tamari](#)

2 tablespoons grated fresh ginger

2 tablespoons [Swerve confectioners](#)-style sweetener or equivalent amount of liquid or powdered sweetener

2 tablespoons lime juice or unseasoned rice vinegar

Dark sesame oil

½ teaspoon Chinese five-spice powder

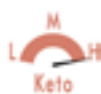
- 1 INSTANT POT: Place the coconut oil in a 6-quart Instant Pot and press Sauté. Add the garlic, onions, and ginger and sauté for 3 minutes or until onions are soft.
- 2 Add the ground chicken, Tamari, broth, vinegar, and pepper. Stir and scrape off any stuck bits. Crumble the ground chicken into the onion mixture well so you do not end up with large chunks. Press Cancel to stop the Sauté.
- 3 Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes. Once finished, let the pressure released naturally.
- 4 Make the dipping sauce, if desired: In a medium-sized bowl, stir the almond butter, coconut aminos, ginger, sweetener, lime juice, sesame oil, and five-spice powder until well combined.
- 5 Place the filling in a serving bowl and serve wrapped in lettuce leaves with the dipping sauce, if using.
- 6 SLOW COOKER METHOD: In a medium bowl, combine the garlic, onions, ginger, Tamari, broth, vinegar, and pepper. Place in a 6-quart slow cooker with the ground chicken. Cover and cook on high for 1 or 2 hours or on low for 4 hours. Open and stir well every 30 minutes. Proceed to Step 4.
- 7 STORAGE: Store in an airtight container in the fridge for up to 1 week or in the freezer for up to a month. To reheat, place into a lightly greased skillet over medium heat for 5 minutes or until heated through.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
497	30g	48g	7g	2g

Mexican Lasagna



Prep Time: 12 minutes
Cook Time: 10 minutes
Servings: 6

- 1 lb grass fed ground hamburger
- 1/2 cup chopped onion
- 1 (7-oz.) can green chile peppers
- 2 tablespoon of taco seasoning (see below)
- 1/2 cup tomato sauce or salsa
- 2 eggs
- 2 cup ricotta cheese
- 1 teaspoon Celtic sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 lb thinly sliced turkey
- 2 cup shredded Monterrey Jack cheese
- 1 (10-oz.) can tomato sauce or salsa

TACO SEASONING:

- 2 tablespoon Chili Powder
- 1/2 teaspoon Garlic Powder
- 1/2 teaspoon Onion Powder
- 1/2 teaspoon crushed Red Pepper Flakes
- 1/2 teaspoon dried Oregano
- 1 teaspoon Paprika
- 3 teaspoon ground Cumin
- 2 teaspoon Celtic Sea Salt
- 2 teaspoon fresh ground black pepper

GARNISH: Cilantro leaves, Avocado,
Sour cream

- 1 To make the meat mixture, heat oil in medium skillet over medium high heat. Add ground beef, onion, green chile peppers and sauté until browned. Add taco seasoning and 1/2 cup salsa or tomato sauce and let simmer on low for 3 minutes. Meanwhile, make the cheese mixture. In a medium bowl mix eggs with ricotta cheese and season with salt and pepper; stir until well blended. Set aside.
- 2 INSTANT POT: Place steamer basket into 6 quart Instant Pot. Add 1 cup water to the bottom. To assemble the casserole, layer the bottom of a 1-quart round casserole dish with 1/2 the tomato sauce, top that with the meat mixture. Place a layer of protein noodles (the thinly sliced turkey), then top that with 1/2 the ricotta cheese mixture. Place a layer of Monterey Jack cheese on top of the cottage cheese. Repeat the layering one more time. Top with tomato sauce and remaining shredded cheese. Use a tinfoil sling to lower the dish on the trivet into the Instant Pot. Seal the lid in and select Manual pressure for 10 minutes. Let the pressure release naturally. Use foil handles from the sling to lift the dip out of the Instant Pot.
- 3 SLOW COOKER: Place a large piece of parchment paper into a 6 quart slow cooker so the edges come up out of the slow cooker for easy lifting out of the vessel.
- 4 To assemble the casserole, layer the bottom of a 4-quart slow cooker with 1/2 the tomato sauce, top that with the meat mixture. Place a layer of protein noodles (the thinly sliced turkey), then top that with 1/2 the cottage cheese mixture. Place a layer of Monterey Jack cheese on top of the cottage cheese. Repeat the layering one more time. Top with tomato sauce and remaining shredded cheese.
- 5 Cook on low for 4-5 hours or until the cheese is melted.
- 6 Cover and cook on LOW for 6-8 hours, or HIGH for 2-3 hours or until the chicken is cooked all the way through.
- 7 SERVE: To serve, allow the lasagna to rest and cool a bit before slicing and serving, about 15-20 minutes. Slice and top with cilantro leaves, slices of avocado and sour cream.
- 8 STORAGE: Store extras in airtight container in the fridge for up to 5 days. To reheat, place in a casserole dish in the oven at 350 degrees F for 6 minutes or until cheese is melted and rolls are heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
564	37g	46g	10g	1g

BBQ Chicken



Prep Time: 5 minutes
Cook Time: 20 minutes
Servings: 6

- 6 frozen boneless, skinless chicken breasts
- ½ cup diced onions
- 2 cups tomato sauce
- ¼ cup [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener
- 1 teaspoon liquid smoke
- 1 teaspoon fine sea salt

- 1 INSTANT POT: Place the chicken, onions, tomato sauce, sweetener, liquid smoke, and salt in a greased Instant Pot. Seal and press Manual for 20 minutes. Once finished, press Quick Release. Open the lid and shred the chicken with two forks.
- 2 Serve wrapped in lettuce leaves, if desired.
- 3 SLOW COOKER METHOD: Place the chicken, onions, tomato sauce, sweetener, liquid smoke, and salt in a greased slow cooker. Cook on low for 4 hours or until the chicken is fork-tender. Shred the chicken with two forks.
- 4 STORAGE: Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in an oven-safe dish into a preheated 350°F oven for 5 minutes or until heated through.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
348	14g	48g	5g	1g

Chicken Korma



Prep Time: 8 minutes
Cook Time: 13 minutes
Servings: 4

- ¼ cup unsalted butter or [coconut oil](#)
- 1 cup chopped onions (about 1 medium)
- ½ cup sour cream
- 4 cloves garlic, minced
- 2 tablespoons [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener
- 2 teaspoons turmeric powder
- 2 teaspoons garam masala
- 2 teaspoons fine sea salt
- 1 pound boneless, skinless chicken breasts, cut into ¾-inch pieces

For Garnish:

- 1/3 cup sliced almonds, for garnish (omit for nut-free)
- Fresh cilantro leaves, for garnish
- Fresh ground pepper

- 1 INSTANT POT: Place the butter in a 6-quart Instant Pot and press Sauté. Once melted, add the onions and garlic and cook for 3 minutes, or until the onions are soft. Press Cancel to stop the Sauté.
- 2 Add the sweetener, turmeric, garam masala, and salt and stir until well combined. Add the chicken.
- 3 Seal the lid, press Pressure Cook or Manual, and set the timer for 10 minutes. Once finished, turn the valve to venting for a quick release.
- 4 Stir in the sour cream. Garnish with almonds (if using), cilantro, and fresh ground black pepper.
- 5 SLOW COOKER METHOD: Place the butter, onions, and garlic in a 6-quart slow cooker and turn it on to high. Once the butter is melted, add the sour cream, sweetener, turmeric, and garam masala. Stir to combine well. Add the chicken. Cover and cook on high for 2 hours or on low for 4 hours, or until the chicken is cooked through and very tender.
- 6 STORAGE: Store in an airtight container in the fridge for up to 4 days. To reheat, place on a rimmed baking sheet in a preheated 350°F oven for about 5 minutes, until heated through. A toaster oven works great for reheating.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
453	30g	35g	9g	3g

Pork Cabbage Rolls



Prep Time: 15 minutes
Cook Time: 23 minutes
Servings: 6

- 12 large leaves green cabbage
- 2 tablespoons [coconut oil](#)
- 1 pound ground pork
- 1 cup finely chopped onions
- 1 stalk celery, diced
- 2 cloves garlic, minced
- 2 large eggs, lightly beaten
- 2 tablespoons paprika
- 1 teaspoon fine sea salt
- ¼ teaspoon dried marjoram
- 3 cups sauerkraut
- 1¼ cups tomato sauce
- Sour cream, for garnish (omit for dairy-free)

- INSTANT POT:** In a large saucepan, bring to a boil enough salted water to cover the cabbage. Add the cabbage, reduce the heat to low, and simmer for 8 minutes. Remove the cabbage and let it drain while it cools. Once the cabbage is cool enough to handle, pull off 16 large leaves and lay them on paper towels to drain.
- Meanwhile, put the coconut oil in a 6-quart Instant Pot and press Sauté. Once the oil is melted, add the pork, onions, celery, and garlic. Cook while crumbling the meat for 5 minutes or until the pork is almost cooked through.
- Transfer the pork mixture to a large bowl. Add the beaten eggs, paprika, salt, and marjoram and stir to combine.
- Place 2 heaping tablespoons of the pork mixture in the center of one of the cabbage leaves and, beginning with the thick end of the leaf, fold over the sides, then roll the whole leaf tightly, as you would a small burrito. Repeat until all of the pork mixture and cabbage leaves have been used.
- Drain the sauerkraut and spread it evenly in the Instant Pot. Arrange the cabbage rolls on top of the sauerkraut. Pour the tomato sauce over the cabbage rolls.
- Seal the lid, press Pressure Cook or Manual, and set the timer for 10 minutes. Once finished, turn the valve to venting for a quick release.
- Place the cabbage rolls on a serving platter and dollop with sour cream, if desired.
- SLOW COOKER METHOD:** Complete Steps 1 and 2. Meanwhile, follow Step 3 using a large skillet over medium-high heat. Next, complete Steps 4 through 6 using a 6-quart slow cooker. Cover and cook on high for 4 to 5 hours or on low for 6 to 8 hours, until cooked through. Proceed to Step 8.
- STORAGE:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in a stockpot over medium heat, stirring occasionally, for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
309	23g	23g	11g	2g



Carnitas



Prep Time: 5 minutes
Cook Time: 35 minutes
Servings: 6

- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 2 teaspoons fine sea salt
- 3 pounds boneless pork butt (pork shoulder), cut into 6 pieces
- ½ cup sliced onions
- 4 cloves garlic, minced
- ½ cup melted lard or [coconut oil](#)
- 4 cups pork, beef, or chicken broth (as needed), homemade (page 98) or store-bought
- Juice of 2 limes
- [Coconut oil](#), ghee, or more lard, for frying
- Lettuce wraps, for serving
- 1 cup Pico de Gallo, for serving
- ¼ cup diced red onions, for serving

- 1 Combine the cumin, chili powder, and salt in a small bowl. Using your hands, rub the mixture all over the sections of pork.
- 2 Place the oil and onion and garlic in a 6-quart Instant Pot and press Saute. Cook for 5 minutes or until onions are soft. Place the pork on top of the onion and garlic. Cover the pork with the lard. Add enough broth to cover the pork, then add the lime juice. Seal and press Manual for 30 minutes.
- 3 **SLOW COOKER METHOD:** Place the onion and garlic in a 4-quart slow cooker. Place the pork on top of the onion and garlic. Cover the pork with the lard. Add enough broth to cover the pork, then add the lime juice. Cover and cook on high for 3 to 4 hours or on low for 8 hours, until the pork is fork-tender and starting to fall apart. Low and slow will create more tender carnitas.
- 4 **SERVE:** Place the pork on a cutting board and slice it into 1-inch chunks. Discard the liquid from the pot. Heat the oil in a large cast-iron skillet over medium-high heat. Place the pork in the skillet and fry until crisp on all sides, about 1 minute per side. Remove from the heat and serve in lettuce wraps.
- 5 **STORAGE:** Store in an airtight container in the fridge for up to 3 days. To reheat, place the pork mixture in a skillet over medium heat and sauté for 3 minutes, or heat to your liking.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
616	47g	42g	8g	1g



Easy Ribs



Prep Time: 6 minutes
Cook Time: 20 minutes
Servings: 8

- 4 pounds baby back ribs
- 1/3 cup [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener
- 1 tablespoon paprika
- 1½ teaspoon chili powder
- 1½ teaspoon fine sea salt
- 1 teaspoon ground cumin
- 1 teaspoon ground black pepper
- ¾ teaspoon ground oregano
- ½ teaspoon cayenne pepper
- ¼ cup tomato sauce
- ½ cup apple cider vinegar (for Instant Pot only)
- 1 teaspoon liquid smoke (optional) (for Instant Pot only)

- 1 INSTANT POT: Place the sweetener, paprika, chili powder, salt, cumin, pepper, oregano, and cayenne in a small bowl and stir to combine well. Remove 1 tablespoon of the seasoning mix and place in another small bowl. Place the tomato sauce into the bowl with 1 tablespoon, this will be the sauce to dip finished ribs in. Season ribs well on all sides with rest of the dry seasoning mixture.
- 2 Place a trivet into an 8-quart Instant Pot and add 1 cup of water, ½ cup of apple cider vinegar, and 1 teaspoon of liquid smoke, if using. Place the seasoned ribs in the trivet. Seal and press Manual to bake for 17 to 25 minutes (see headnote). Once finished, press Quick Release.
- 3 SLOW COOKER METHOD: Place seasoned ribs in a 6-quart slow cooker. Add ½ cup of bone broth. Cover and cook on high for 4 to 5 hours or on low for 8 hours, until the ribs are falling off the bone.
- 4 SERVE: Serve with tomato sauce.
- 5 STORAGE: Store in an airtight container in the fridge for up to 5 days. To reheat, place on a rimmed baking sheet in the oven at 350°F for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
511	41g	37g	1g	0.3g



Brats and Kraut



Prep Time: 5 minutes
Cook Time: 8 minutes
Servings: 8

2 cups sauerkraut

½ cup beef or chicken broth, homemade or store-bought

8 (4-ounce) brats

- 1 Place the sauerkraut in the bottom of a 6-quart slow cooker. Pour in the broth. Place brats on the sauerkraut. Seal and press Manual for 8 minutes or until brats are cooked through (larger brats may need up to 10 minutes). Once finished press Quick Release.
- 2 **SLOW COOKER METHOD:** Place the sauerkraut in the bottom of a 6-quart slow cooker. Pour in the broth. Place brats on the sauerkraut. Cover and cook on LOW for 4 hours or until brats are cooked through and no longer pink inside.
- 3 **SERVE:** If desired, preheat grill to high while the brats are finishing in the vessel. Just before serving, place brats on the hot grill on both sides for 1 minute per side. Remove from grill and serve on sauerkraut.
- 4 **STORAGE:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place onto a hot grill or into a skillet over medium-high heat for 2 minutes per side or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
388	33g	16g	5g	0g



Sweet Parmesan Pork



Prep Time: 5 minutes
Cook Time: 20 minutes
Servings: 12

- 2 lbs boneless pork roast
- 2/3 cup Parmesan cheese, grated
- 1/2 cup [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener
- 1/2 cup tomato sauce
- 1 tablespoon dried basil leaves
- 2 tablespoon butter
- 1/2 teaspoon Celtic sea salt
- 1/2 teaspoon fresh ground pepper

- 1 INSTANT POT: Place the roast in a 6 quart Instant Pot. Add the sweetener, tomato sauce, basil, butter, salt and fresh black pepper into the pot.
- 2 Seal and press Manual to bake for 20 minutes. Once finished, press Natural Release. Stir in the Parmesan at the end until melted.
- 3 SLOW COOKER: Place the roast in a 6 quart slow cooker. Add the Parmesan, sweetener, tomato sauce, basil, butter, salt and fresh black pepper into the slow cooker. Cover and cook on LOW for 6-8 hours or HIGH for 3-4 hours or until pork is fork tender and pulls apart easily.
- 4 SERVING: Shred with 2 forks.
- 5 STORAGE: Store extras in an air tight container in the fridge for up to 5 days. To reheat, place in a saucepan over medium heat for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
307	21g	26g	3g	0.2g



Paprika Pork Shoulder



Prep Time: 5 minutes
Cook Time: 11 minutes
Servings: 8

- 1 tablespoon [coconut oil](#) or butter (if using Instant Pot)
- 1/2 cup onion, sliced
- 3 cloves garlic, minced
- 2 lb pork shoulder
- 1/2 cup organic chicken broth
- 4 tablespoon smoky paprika
- 1/2 cup crème fraîche or sour cream (omit if dairy free)

- 1 INSTANT POT: Place the oil in 6 quart Instant Pot. Add the onions and garlic in the Instant Pot and press Saute for 4 minutes, until onions are soft. Add the tenderloin, broth, paprika and salt into a 6 quart Instant Pot. Seal and press Manual for 7 minutes. Once finished select Quick Release.
- 2 SLOW COOKER: Place the tenderloin, broth, onions, garlic, paprika and salt in a 4-quart slow cooker. Cover and cook on LOW for 6 to 8 hours or until fork tender.
- 3 SERVE: Open cover and stir in crème fraiche or sour cream.
- 4 STORAGE: Store tenderloin in an airtight container in the fridge for up to 5 days. To reheat, place into a lightly greased skillet over medium heat for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
259	11g	35g	3g	1g



Egg Roll in a Bowl



Prep Time: 6 minutes
Cook Time: 10 minutes
Servings: 6

- 1 pound ground pork
- 1 tablespoon untoasted, cold pressed sesame oil
- 2 teaspoons minced garlic
- 1 tablespoon peeled and finely grated fresh ginger
- 1 tablespoon [wheat-free tamari](#)
- 1 teaspoon fish sauce (optional)
- 6 cups finely shredded cabbage
- ¼ cup chopped green onions, for garnish

- INSTANT POT:** Place the pork, oil, ginger, garlic, Tamari, and fish sauce in 6-quart Instant Pot. Press Sauté and cook, crumbling the meat with a wooden spoon, until almost cooked through, about 5 minutes. Add the cabbage. Seal and Press Manual to 1 minute. Once finished press Quick Release.
- SLOW COOKER METHOD:** Place the pork, oil, ginger, garlic, Tamari, and fish sauce in large skillet over medium high heat. Sauté and cook, crumbling the meat with a wooden spoon, until almost cooked through, about 5 minutes. Place cabbage into a 6-quart slow cooker. Top with pork mixture. Cover and cook on LOW for 2 hours or HIGH for 1 hour or until cabbage is very soft.
- SERVE:** Divide among 6 plates or bowls and serve garnished with the green onions.
- STORAGE:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into skillet over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
242	18g	21g	6g	2g



Easy Greek Fish



Prep Time: 5 minutes
Cook Time: 15 minutes
Servings: 4

4 (5-oz.) sablefish or tilapia fillets
1/2 teaspoon fine grain salt
1/4 teaspoon black pepper
1 lemon sliced thin

Greek Vinaigrette:

1/2 cup avocado oil (or extra virgin olive oil)
5 tablespoons red wine vinegar (or apple cider vinegar)
2 tablespoons fresh lime juice (or lemon)
2 teaspoons minced garlic, or 2 cloves minced
2 teaspoons Dijon mustard
1/2 teaspoon dried basil leaves
1/2 teaspoon dried oregano leaves
1/4 teaspoon fine grain sea salt

Gyro salad:

1 cup sliced Black olives
1/4 cup diced red onion
1 medium cucumber, diced
1 medium tomato, diced
2 tablespoons capers

- INSTANT POT:** Place a steamer basket in a 6 quart Instant Pot and add 1 1/2 cup water. Season fish on all sides with salt and pepper. Take 4 pieces of 12 by 12 inches of parchment and place 3 lemon slices on each one. Top lemon slices with a piece of fish. Wrap fish in parchment by folding in the edges and rolling parchment like a burrito. Place on steamer basket seal side down. Seal and press Manual to cook for 6 minutes. Once finished press Natural Release.
- SLOW COOKER:** Season fish on all sides with salt and pepper. Take 4 pieces of 12 by 12 inches of parchment and place 3 lemon slices on each one. Top lemon slices with a piece of fish. Wrap fish in parchment by folding in the edges and rolling parchment like a burrito. Place in a 6 quart slow cooker seal side down. Cover and cook on LOW for 1 1/2 hours or on HIGH for 45 minutes.
- SERVE:** Meanwhile make the Greek Vinaigrette and Gyro Salad. To make the vinaigrette, place all the ingredients in a blender and puree until smooth. Store in airtight container in the fridge for up to 2 weeks.
- To make the salad, place sliced olives, diced tomato, diced red onion, diced cucumber and capers in a bowl. Add half the Greek vinaigrette and stir well to coat. Set aside.
- Remove fish from vessel. Open the parchment and garnish with Gyro salad. Serve with vinaigrette. Eat straight out of the packets for a no mess dinner!
- STORAGE:** Store in separate airtight containers in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into a lightly greased skillet over medium high heat and cook for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
471	41g	20g	7g	1g



Southern Étouffée



Prep Time: 8 minutes
Cook Time: 15 minutes
Servings: 4

3 tablespoons butter (or ghee or [coconut oil](#) for dairy-free)

3 strips bacon, chopped

½ cup chopped onions

½ green bell pepper, seeded and chopped

3 cloves garlic, minced

1½ pounds frozen peeled crawfish tails, thawed, or fresh medium shrimp, peeled and deveined

1 cup chicken broth, homemade or store-bought

¼ cup diced tomatoes

2 bay leaves

1 teaspoon chopped fresh thyme leaves

1 teaspoon paprika

¼ teaspoon cayenne pepper

¼ teaspoon fine sea salt

¼ teaspoon ground black pepper

2 tablespoons sour cream (or Kite Hill cream cheese spread for dairy-free)

2 teaspoons hot sauce, to taste

For serving:

flat-leaf parsley, green onions, 1 batch [Keto "Rice"](#) (page 11) or cauliflower "rice,"

Lemon wedges

- 1 INSTANT POT: Melt the butter in a 6-quart Instant Pot and press Sauté. Once melted, add the bacon and sauté until crisp, about 3 minutes. Add the onions and bell pepper and sauté for 4 minutes or until soft. Add the garlic and cook for another minute.
- 2 Stir in the crawfish, broth, tomatoes, bay leaves, thyme, paprika, cayenne, salt, and black pepper. Leave uncovered in Sauté mode for 10 minutes or until crawfish are cooked through.
- 3 Discard the bay leaves. Stir in the sour cream and hot sauce and heat through (add 1 more tablespoon of sour cream, if needed to thicken the sauce). Taste and add more hot sauce, if desired.
- 4 SLOW COOKER METHOD: Complete Step 1 above using a medium-sized skillet over medium-high heat. Place the mixture in a 6-quart slow cooker. Stir in the crawfish, broth, tomatoes, bay leaves, thyme, paprika, cayenne, salt, and black pepper. Leave uncovered on cook on high for 30 minutes or until crawfish are cooked through. Proceed to Steps 3 and 4.
- 5 SERVE: Transfer the étouffée to a serving dish and garnish with parsley and green onions. Serve over keto "rice" with lemon wedges. Best served fresh.
- 6 STORAGE: Store in an airtight container in the fridge for up to 3 days. To reheat, place in a skillet over medium heat for 3 minutes or until warmed through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
362	19g	40g	6g	2g





*Sides,
Soups and
Stews*

Sweet n Spicy Nuts

VEGETARIAN

DAIRY
FREE

EGG
FREE

M
L H
Keto

Prep Time: 3 minutes
Cook Time: 5 minutes
Servings: 12

1 cup raw macadamia nuts
1 cup raw pecans
1 cup raw almonds
1/2 cup raw sunflower seeds
3 tablespoon [Swerve confectioners](#) (or
equivalent powdered)
2 tablespoon butter or [coconut oil](#)
1/2 teaspoon Celtic sea salt
1 teaspoon garam marsala powder
1/4 teaspoon cayenne pepper

- 1 INSTANT POT: Place all ingredients into a 4 quart or larger Instant Pot. Add a 1/2 cup of water press Manual for 10 minutes. Meanwhile preheat oven to 350 degrees F. Press Quick Release once finished cooking. Spread nuts onto a baking sheet with edges. Bake for 5 minutes or until golden brown; watch closely or they will burn.
- 2 SLOW COOKER: Grease a 4-quart (or larger) slow cooker. Place all the ingredients in the slow cooker and stir until nuts are coated well. Cover and cook on high for 2 hours, stirring every 20 minutes or so or the nuts will burn.
- 3 STORAGE: Store in airtight container in the fridge for up to 7 days or in the freezer for up to a month.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
233	23g	5g	6g	3g

Candied Maple Walnuts

VEGETARIAN

DAIRY
FREE

EGG
FREE

M
Keto

Prep Time: 3 minutes
Cook Time: 5 minutes
Servings: 6

2 tablespoons unsalted butter (or [coconut oil](#) if dairy-free)

2 cups raw walnut halves

½ cup [Swerve confectioners'](#)-style sweetener or equivalent amount of powdered sweetener

1 tablespoon ground cinnamon

2 teaspoon maple extract

2 teaspoons fine sea salt

- 1 INSTANT POT: Place all of the ingredients in a 4-quart or larger Instant Pot. Add ½ cup of water and stir until the nuts are well coated, then press Pressure Cook or Manual and set the timer for 10 minutes. Meanwhile, preheat the oven to 350°F.
- 2 Once finished, turn the valve to venting for a quick release. Spread the nuts on a rimmed baking sheet. Bake for 5 minutes or until golden brown; watch closely or they will burn.
- 3 SLOW COOKER METHOD: Grease a 4-quart or larger slow cooker. Place all of the ingredients in the slow cooker and stir until the nuts are well coated. Cover and cook on high for 2 hours, stirring every 20 minutes or so, or the nuts will burn.
- 4 STORAGE: Store in an airtight container in the fridge for up to a week or in the freezer for up to a month.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
169	15g	2g	3g	1g



Chicken Chips



Prep Time: 5 minutes
Cook Time: 8 minutes
Servings: 8

¼ pound chicken skin (I removed the skin from chicken thighs and saved the thighs for Rosemary Chicken)

2 teaspoons fine sea salt

1 tablespoon [coconut oil](#) or butter

- 1 Sprinkle the cleaned chicken skin with salt and place in the refrigerator over night, uncovered, to dry a bit.
- 2 Place a tablespoon of oil into the bottom of an 8 quart Instant Pot. Lay the chicken skin into bottom. Press Sauté and cook for 8 minutes, flip and sauté another 8 minutes; checking often until skin is crispy. Press Cancel to stop the Sauté.
- 3 SLOW COOKER METHOD: Place a tablespoon of oil in the bottom of a 6 quart or larger slow cooker. Add the strips into the bottom (you want the skin to touch the heat). Turn on high for 2 hours. Check every 30 minutes to make sure it isn't sticking to the bottom. The "chips" are done when they are a beautiful golden brown and crispy.
- 4 Makes great chips for dipping.
- 5 STORAGE: Best served fresh. Store in an airtight container in the fridge for up to 1 week or in the freezer for up to a month. To reheat, place onto a baking sheet into a 400°F oven for 5 minutes or until heated through and crisp.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
119	12g	4g	0g	0g



Artichokes

VEGETARIAN

NUT
FREE

DAIRY
FREE

EGG
FREE



Prep Time: 3 minutes
Cook Time: 9 minutes
Servings: 4

- 4 medium artichokes
- ¼ cup minced garlic
- ¼ cup lime juice
- 1 teaspoon fine sea salt
- ½ teaspoon ground black pepper
- ½ cup chicken broth, homemade or store-bought (or vegetable broth for vegetarian)
- 4 teaspoons unsalted butter (or butter-flavored [coconut oil](#) for dairy-free), melted, for serving

- 1 INSTANT POT: Rinse and cut ½ inch off the top of each artichoke. Cut off the spiky ends of the leaves and trim the stem ends so the artichokes can sit flat.
- 2 Place the garlic and lime juice in a small bowl and stir to combine. Pull the leaves of each artichoke open, then spoon 2 tablespoons of the mixture evenly between the leaves of each artichoke.
- 3 Place the artichokes in a 6-quart Instant Pot. Season with the salt and pepper. Pour in the broth and add enough water (or more broth) to come one-quarter of the way up the sides of the artichokes.
- 4 Seal the lid, press Pressure Cook or Manual, and set the timer for 9 minutes. Once finished, turn the valve to venting for a quick release.
- 5 SLOW COOKER METHOD: Complete Steps 1 through 3, but place the artichokes in a 6-quart slow cooker. Cover and cook on high for 4 hours or until a knife is easily inserted in the stem end and the leaves pull away from the base. Proceed to Step 5.
- 6 SERVE: Remove the artichokes and place on a serving platter to cool slightly. Drizzle each of the artichokes with 1 teaspoon of the melted butter before serving.
- 7 STORAGE: Store in an airtight container in the fridge for up to a week or in the freezer for up to a month. To reheat, place in a preheated 350°F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
116	4g	6g	17g	7g



Sweet Asian Wings



Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 12

4 pounds chicken wings and/or drumettes

Fine sea salt and ground black pepper

Sauce:

$\frac{3}{4}$ cup [Swerve confectioners](#)'-style sweetener or equivalent amount of liquid or powdered sweetener

1 clove garlic, minced

1 teaspoon peeled and grated fresh ginger

$\frac{1}{4}$ cup [wheat-free tamari](#)

$\frac{3}{4}$ cup chicken broth, homemade (page 98) or store-bought

$\frac{1}{4}$ cup lime juice

$\frac{1}{4}$ cup ($\frac{1}{2}$ stick) unsalted butter (or [coconut oil](#) for dairy-free), melted

$\frac{1}{4}$ teaspoon guar gum (a natural thickener), optional

Sliced green onions or shredded purple cabbage, for garnish

- 1 INSTANT POT: Pat the chicken wings dry and season well with salt and pepper.
- 2 Set a trivet in a 6-quart Instant Pot and pour in $\frac{1}{2}$ cup of cold water. Set the wings on the trivet. Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes.
- 3 Meanwhile, place an oven rack one notch above the center position and preheat the oven to broil. Lay a piece of parchment paper on a rimmed baking sheet.
- 4 Once the Instant Pot finishes, let the pressure release naturally.
- 5 Make the sauce: Place the sweetener, garlic, ginger, coconut aminos, chicken broth, lime juice, and butter in a large bowl and mix together. Whisk in the guar gum, if using. Reserve one-fourth of the sauce for serving. Then remove the chicken wings from the Instant Pot and add to the remaining sauce; toss to coat the wings with the sauce.
- 6 SLOW COOKER METHOD: Complete Step 1. Place the chicken wings and the ingredients for the sauce in a 6-quart or larger slow cooker and stir to coat the wings. Cover and cook on low for 3 to 4 hours, until the juice of a chicken wing runs clear when the thickest part is cut to the bone (or the internal temperature reaches 165°F). Proceed to Steps 3 and 6.
- 7 SERVE: Place the coated wings on the lined baking sheet and broil in for 5 minutes or until the wings are crispy on the edges. Serve with the reversed sauce. Garnish with sliced green onions or sesame seeds.
- 8 STORAGE: Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in a preheated 400°F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
477	33g	42g	1g	0.1g



Craig's Curried Lime Wings



Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 12

30 chicken wingettes or drumettes

½ teaspoon fine sea salt

Sauce:

½ cup (1 stick) unsalted butter (or [coconut oil](#) for dairy-free), melted

1 tablespoon red curry paste

2 tablespoons lime juice (about 1 lime)

2 tablespoons [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener

1 teaspoon [wheat-free tamari](#)

¼ cup chopped fresh cilantro or green onions, for garnish

- 1 Pat the chicken wings dry and season with the salt.
- 2 **INSTANT POT:** Set a trivet in a 6-quart Instant Pot and pour in ½ cup of cold water. Place the wings on the trivet. Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes.
- 3 Meanwhile, place an oven rack one notch above the center position and preheat the oven to broil. Lay a piece of parchment paper on a rimmed baking sheet.
- 4 Once the Instant Pot finishes, let the pressure release naturally. The juices of the chicken wings should run clear when the thickest part is cut to the bone (or the internal temperature is 165°F).
- 5 Make the sauce: Place the sauce ingredients in a large bowl and stir to combine. Add the wings to the sauce and toss to coat the wings with the sauce.
- 6 Place the coated wings on the lined baking sheet and broil for 5 minutes or until the wings are crispy on the edges. Garnish with fresh cilantro or green onions before serving.
- 7 **SLOW COOKER METHOD:** Complete Step 1. Place the seasoned wings in a 4-quart or larger slow cooker. Cover and cook on low for 3 to 4 hours, until the juices run clear when the thickest part is cut to the bone (or the internal temperature reaches 165°F). Proceed to Steps 3, 5, and 6.
- 8 **STORAGE:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in a preheated 400°F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
414	30g	32g	1g	0.4g



Bourbon Chicken Wings



Prep Time: 5 minutes
Cook Time: 15 minutes
Servings: 6

Sauce:

½ cup chicken broth, homemade or store-bought

1/3 cup [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener

¼ cup tomato sauce

2 tablespoons [wheat-free tamari](#)

1 tablespoon coconut vinegar or apple cider vinegar

¾ teaspoon red pepper flakes

¼ teaspoon grated fresh ginger

1 clove garlic, smashed to a paste

Wings:

2 pounds chicken wings or drumettes

½ teaspoon fine sea salt

Sliced green onions or sesame seeds, for garnish

- 1 Make the sauce: Place the broth, sweetener, tomato sauce, coconut aminos, vinegar, red pepper flakes, ginger, and garlic in a large skillet and whisk to combine. Simmer over medium heat until reduced and thickened, about 10 minutes.
- 2 Meanwhile, prepare the chicken: Pat the chicken wings dry and season with the salt.
- 3 INSTANT POT: Set a trivet in a 6-quart Instant Pot and pour in ½ cup of water. Set the wings on the trivet. Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes.
- 4 Meanwhile, place an oven rack one notch above the center position and preheat the oven to broil. Lay a piece of parchment paper on a rimmed baking sheet.
- 5 Once the Instant Pot finishes, let the pressure release naturally.
- 6 Brush the cooked chicken wings with the sauce. Place the wings on the lined baking sheet and broil for 5 minutes or until the wings are crispy on the edges. Garnish with green onions or sesame seeds.
- 7 SLOW COOKER METHOD: Complete Steps 1 and 2. Place the seasoned wings in a 4-quart or larger slow cooker. Cover and cook on low for 3 to 4 hours, until the juices run clear when the thickest part is cut to the bone (or the internal temperature reaches 165°F). Proceed to Steps 4 and 6.
- 8 STORAGE: Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in a preheated 400°F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
446	29g	42g	1g	0.1g



Buffalo Meatballs



Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 8

½ pound ground pork
½ pound ground chicken
2 ounces cream cheese, softened
2 large eggs
2 tablespoons finely chopped celery
¼ to ¾ ounce blue cheese, crumbled
1 teaspoon fine sea salt
½ teaspoon ground pepper

Sauce:

½ cup melted butter
½ cup Buffalo wing sauce

RANCH:

8 ounces cream cheese, softened
½ cup chicken or beef bone broth
½ teaspoon dried chives
½ teaspoon dried parsley
½ teaspoon dried dill weed
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon fine sea salt
¼ teaspoon fresh ground black pepper

SERVING:

Blue cheese chunks and Celery sticks

- 1 In a medium-sized bowl, use your hands to combine the ground pork, ground chicken, cream cheese, eggs, celery, blue cheese, salt, and pepper; the mixture will be sticky. Shape the mixture into 1-inch balls. (To check seasoning, see the tip below.)
- 2 **INSTANT POT:** Place the meatballs in a 6-quart Instant Pot, leaving a little space between them. Seal the lid, press Pressure Cook or Manual, and set the timer for 10 minutes. Once finished, let the pressure naturally. Add the butter and wing sauce and stir to coat the meatballs.
- 3 Meanwhile make the ranch by placing all the ingredients into a food processor or blender and puree until smooth.
- 4 Serve with ranch dressing, blue cheese, and celery sticks.
- 5 **SLOW COOKER METHOD:** Complete Step 1. Place the meatballs in a 4-quart slow cooker. Cover and cook on low for 6 to 8 hours. Drain any fat from the slow cooker. Combine the butter and wing sauce in a small bowl. Pour the sauce over the meatballs and stir gently to coat. Proceed to Step 3.
- 6 **STORAGE:** Store in an airtight container in the fridge for up to a week or in the freezer for up to a month. To reheat, place in a dish in a preheated 350°F oven for 5 minutes or until heated through.
- 7 **TIPS:** To check the seasoning of the meatball mixture, cook a smidgen of the meat in a pan and taste it. It should taste amazing! If it doesn't, the meatball mixture likely needs more salt. Adjust the seasoning, then proceed with the recipe.
- 8 The dressing can be made up to 5 days ahead and stored in an airtight container in the fridge.



Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
375	33g	18g	3g	1g

Mama Maria's Italian Mushrooms



Prep Time: 5 minutes
Cook Time: 12 minutes
Servings: 10

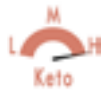
- 20 large mushrooms
- 1 tablespoon unsalted butter or [coconut oil](#)
- ¼ cup diced onions
- 2 cloves garlic, minced
- ½ pound bulk Italian sausage
- 1 teaspoon fine sea salt
- ½ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese (about ¾ ounce), plus more for garnish
- 2 cups Marinara Sauce homemade or store-bought marinara
- Fresh oregano or basil leaves, for garnish

- 1 Wash the mushrooms. Cut off the stems and finely chop them. Set the caps aside on a paper towel to dry.
- 2 Place the butter, onions, garlic, and chopped mushroom stems in a 6-quart Instant Pot. Press Sauté and cook for 2 to 3 minutes, until the onions begin to soften. Add the sausage, salt, and pepper and cook while crumbling with a spatula until the meat is lightly browned and cooked through, about 3 minutes. Press Cancel to stop the Sauté.
- 3 Transfer the sausage mixture to a medium-sized bowl and add the Parmesan cheese. Stir to combine the ingredients and stuff 1 tablespoon of the mixture into each mushroom cap.
- 4 Wipe the Instant Pot clean. Set a trivet in the pot and pour in ½ cup of water. Pour the marinara into a 1-quart round casserole dish. Arrange the mushroom caps (filling side up) on the marinara.
- 5 Make a foil sling (see page 2) and use it to lower the casserole dish onto the trivet in the Instant Pot. Tuck in the sides of the sling.
- 6 Seal the lid, press Pressure Cook or Manual, and set the timer for 6 minutes. Once finished, turn the valve to venting for a quick release. Lift the casserole dish out of the Instant Pot using the foil sling.
- 7 SLOW COOKER METHOD: Complete Steps 1 through 3, but sauté the vegetables and meat in a skillet over medium heat. Pour the marinara into a 6-quart slow cooker. Place the mushroom caps filling side up on the marinara. Cover and cook on high for 1 hour or on low for 3 hours, until mushrooms are soft.
- 8 SERVE: Garnish with oregano or basil and grated Parmesan. Best served warm.
- 9 STORAGE: Store in an airtight container in the fridge for up to a week or in the freezer for up to a month. To reheat, place in a preheated 350°F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
146	11g	7g	5g	1g

Pizza Meatballs



Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 4

1½ pounds ground beef
1 (28-ounce) jar pizza sauce, divided
1¼ teaspoons Italian seasoning
3 tablespoons shredded Parmesan cheese
2 cloves garlic, minced
¼ cup chopped onions
1 teaspoon fine sea salt
1 large egg, beaten

For Garnish:

Shredded mozzarella cheese
Fresh basil and/or oregano leaves

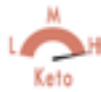
- 1 Put the ground beef, ¼ cup of the pizza sauce, the Italian seasoning, parmesan cheese, garlic, onions, salt, and egg in a large bowl and use your hands to thoroughly combine. (To check seasoning, see the tip below.) Shape the mixture into 16 meatballs about 2 inch in diameter.
- 2 **INSTANT POT:** Place the meatballs in a 6-quart Instant Pot, leaving a little space between the meatballs. Pour the remaining pizza around the meatballs.
- 3 Seal the lid, press Pressure Cook or Manual, and set the timer for 10 minutes. Once finished, let the pressure release naturally.
- 4 **SLOW COOKER METHOD:** Complete Step 1. Place the meatballs in a 4-quart slow cooker. Cover and cook on low for 6 to 8 hours, until cooked through. Drain any fat from the slow cooker. Add the remaining marinara and simmer for 30 minutes. Proceed to Step 4.
- 5 **SERVE:** Serve the sauce and meatballs topped with cheese, if using, and fresh herbs.
- 6 **STORAGE:** Store in an airtight container in the fridge for up to a week or in the freezer for up to a month. To reheat, place in a preheated 350°F oven for 5 minutes or until heated through.
- 7 **TIP:** To check the seasoning of the meatball mixture, cook a smidgen of the meat in a pan and taste it. It should taste amazing! If it doesn't, the meatball mixture likely needs more salt. Adjust the seasoning, then proceed with the recipe.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
621	47g	35g	10g	3g



Bacon and Cheddar Stuffed Mushrooms



Prep Time: 5 minutes
Cook Time: 6 minutes
Servings: 10

20 large button mushrooms
4 slices bacon, diced
1/4 cup onion, minced
1 clove garlic, minced
4 oz. cream cheese
1/4 cup grated sharp cheddar cheese
Celtic sea salt and pepper

- 1 Wash the mushrooms, remove the stems and chop fine. Set caps aside on a paper towel to dry. Chop the bacon in small pieces. In a large sauté pan, over medium heat, cook bacon, onion, garlic and chopped mushroom stems until the bacon is crispy. Reduce heat to low. Add cream cheese and cheddar cheese in the sauté pan and stir until cheeses are melted. Season with salt and pepper.
- 2 **INSTANT POT:** Place a trivet in a 6 quart Instant Pot and add ½ cup water. Place a trivet in a 6 quart Instant Pot and add ½ cup water. Make a tinfoil hammock for the dish to sit on in the Instant Pot (see page 2).
- 3 Spoon heaping teaspoons full of bacon filling in mushroom caps. Arrange mushroom caps (filling side up) in the bottom of a round 1-quart casserole dish. Lower the casserole dish into the Instant Pot using the foil sling. Seal and press Manual to 6 minutes. Once finished, press quick release. Remove casserole dish from Instant Pot using the foil sling.
- 4 **SLOW COOKER:** Place stuffed mushrooms on the marinara. Cover and cook on HIGH for 1 hour or LOW for 3 hours.
- 5 **SERVE:** Garnish with green onions. Serve warm.
- 6 **STORAGE:** Store in airtight container in the fridge for up to 7 days or in the freezer for up to a month. To reheat, place into an oven-safe dish into a 350 degree F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
89	7g	4g	2g	0.4g



Hot Crab Dip



Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 12

- 1 pound lump crabmeat (not imitation crab)
 - 3 (8-ounce) packages cream cheese, softened
 - ½ cup Buffalo wing sauce or salsa
 - 1 (4-ounce) can chilies and tomatoes, drained
 - ½ cup chicken broth, homemade or store-bought
 - ½ teaspoon fine sea salt
 - Ground black pepper, for garnish
- For Serving:**
- Lemon wedges
 - Sliced [Low Carb Bread](#) (page 8), celery sticks, and/or pork rinds

- 1 Place the crab, cream cheese, wing sauce, chilies and tomatoes, broth, and salt in a large bowl. Stir well to combine.
- 2 Set a trivet in a 6-quart Instant Pot and pour in ½ cup of water. Scoop the crab mixture into a greased 1-quart round casserole dish.
- 3 Make a foil sling (see page 2) and use it to lower the casserole dish onto the trivet in the Instant Pot. Tuck in the sides of the sling.
- 4 Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes. Once finished, turn the valve to venting for a quick release. Lift the casserole dish out of the Instant Pot using the foil sling.
- 5 Stir well, then garnish with fresh ground black pepper. Serve warm with lemon wedges and sliced Low Carb Bread, celery sticks, and/or pork rinds.
- 6 **SLOW COOKER METHOD:** Complete Step 1, then scoop the mixture into a mini (0.5-quart) slow cooker. Cover and cook on low for 1 to 2 hours, until soft and melted. Proceed to Step 5.
- 7 **STORAGE:** Store in an airtight container in the fridge for up to a week or in the freezer for up to a month. To reheat, place in a preheated 350°F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
237	19g	10g	3g	1g



Poultry Stuffing



Prep Time: 5 minutes
Cook Time: 5 minutes
Servings: 12

¼ cup (½ stick) unsalted butter or [coconut oil](#)

½ cup chopped onions

¼ cup chopped celery

4 ounces sliced mushrooms

2 tablespoons chopped fresh Italian parsley

2 teaspoons poultry seasoning

½ teaspoon fine sea salt

¼ teaspoon ground black pepper

1 loaf [Low Carb Bread](#) (page 8), cut into ¼-inch dice

½ cup chicken broth (or veggie broth if vegetarian, homemade or store-bought, plus more if needed)

2 large eggs, beaten

- 1 Melt the butter in a 6 quart Instant pot on saute mode. Add the onions, celery, mushrooms, and parsley, stirring frequently. Cook until the onions are soft, about 4 minutes.
- 2 Remove from the heat and add the poultry seasoning, salt, and pepper. Place the bread cubes in a large bowl. Spoon the cooked vegetable mixture over the bread. Pour in enough broth to moisten, then mix in the eggs.
- 3 Set a trivet in a 6-quart Instant Pot and pour in ½ cup of cold water. Pour the bread mixture into a 1-quart round casserole dish.
- 4 Use a foil sling (page 2) to lower the casserole dish onto the trivet in the Instant Pot. Tuck in the sides of the sling.
- 5 Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes. Once finished, turn the valve to venting for a quick release. Lift the casserole dish out of the Instant Pot using the foil sling. Serve warm.
- 6 SLOW COOKER METHOD: Complete Steps 1 and 2. Place the bread mixture into a 6-quart slow cooker. Cover and cook on low for 4 to 6 hours, until cooked through. Serve warm.
- 7 STORAGE: Store in an airtight container in the fridge for up to a week or in the freezer for up to a month. To reheat, place in a preheated 350°F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
355	31g	14g	10g	4g

German Fauxtato Salad



Prep Time: 5 minutes
Cook Time: 12 minutes
Servings: 6

- 4 slices bacon, diced
- 1 head cauliflower, cut in small cubes
- 1 medium onion, chopped
- ¼ cup chicken broth
- ¼ cup coconut vinegar or apple cider vinegar
- 2 tablespoons [Swerve confectioners](#)-style sweetener or equivalent amount of liquid or powdered sweetener
- 1 teaspoon fine sea salt
- ½ teaspoon celery seed
- ¼ teaspoon ground black pepper

- 1 Place the diced bacon into a 6-quart Instant Pot and press Sauté. Cook the bacon while stirring occasionally until the bacon is crisp and cooked through, about 4 minutes. Press Cancel. Remove the bacon with a slotted spoon and set aside while leaving the drippings in the Instant Pot. Add the cauliflower and onions into the Instant Pot and toss to coat in the drippings. Add the broth, vinegar, sweetener, salt, celery seed and pepper.
- 2 Seal and press Manual to 7 minutes. Once finished, press quick release.
- 3 **SLOW COOKER METHOD:** Place the diced bacon in a skillet and cook while stirring occasionally until the bacon is crisp and cooked through, about 4 minutes. Remove the bacon with a slotted spoon and set aside while placing the drippings in a 6-quart slow cooker. Add the cauliflower and onions to the slow cooker and toss to coat in the drippings. Add the broth, vinegar, sweetener, salt, celery seed, and pepper. Cover and cook on low for 3 to 4 hours or high for 1 to 2 hours, until the cauliflower is tender.
- 4 **SERVE:** If excess liquid is in the vessel, remove contents with a slotted spoon. Feel free to drizzle liquid over the top of the cauliflower. Top with reserved bacon and serve warm.
- 5 **STORAGE:** Store in an airtight container in the fridge for up to 1 week or in the freezer for up to a month. To reheat, place into an oven-safe dish into a 350°F oven for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
93	4g	7g	9g	4g



Mashed Cauliflower

VEGETARIAN

NUT
FREE

DAIRY
FREE

EGG
FREE



Prep Time: 3 minutes
Cook Time: 5 minutes
Servings: 6

1 head cauliflower, cut into flowerets
4 cups chicken broth or vegetable broth (if
vegetarian), homemade or store-bought
Fine sea salt and ground black pepper to
taste
Chives or butter, sour cream, cream cheese
(omit if dairy-free) (optional)

- 1 **INSTANT POT:** Place steamer basket into 6 quart Instant Pot. Add broth to the bottom. Add cauliflower flowerets. Seal and press Manual to 5 minutes. Once finished, press quick release.
- 2 **SLOW COOKER METHOD:** Cut up cauliflower into good size pieces. Place in slow cooker. Cover entirely with organic broth. Cover and cook on HIGH for 2 to 3 hours.
- 3 **SERVE:** Drain liquid. Place the cauliflower into a food processor or blender and puree until smooth. Add salt and pepper. If desired, add butter, cream cheese, sour cream, chives or whatever taste you desire in your 'faux'tatoes.
- 4 **STORAGE:** Store in an airtight container in the fridge for up to 1 week or in the freezer for up to a month. To reheat, place in a saucepan over medium heat for 3 minutes or until heated to your liking.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
66	1g	10g	7g	3g

Cream Of Mushroom Soup

VEGETARIAN

NUT
FREE

DAIRY
FREE

EGG
FREE



Prep Time: 5 minutes
Cook Time: 14 minutes
Servings: 4

1 tablespoon [coconut oil](#) or butter (Instant Pot only)
1 lb button mushrooms, cleaned and sliced
¼ cup minced shallots (or onion)
2 cup veggie broth (or chicken broth if not vegetarian)
1 tablespoon lemon juice
1 teaspoon dried thyme
2 bay leaves
1 teaspoon sea salt
1/2 teaspoon fresh ground pepper
4 oz. cream cheese (Kite Hill brand if dairy free)

SPECIAL EQUIPMENT:

Stick blender or food processor

- 1 INSTANT POT: Place the oil, mushrooms, and shallots in a 6 quart Instant Pot and press Saute for 4 minutes or until onions are soft. Add the broth, lemon juice, thyme, bay leaf, salt and pepper. Seal and press Manual for 10 minutes. Once finished press Natural Release.
- 2 SLOW COOKER: Place the mushrooms, shallot, broth, lemon juice, thyme, bay leaves, salt and pepper into a 6 quart slow cooker. Cover and cook on HIGH for 2 hours or LOW for 6-7 hours or until mushrooms are soft.
- 3 SERVE: Remove lid, discard bay leaves and place the cream cheese into the vessel and puree the soup with a stick blender or food processor. Season with salt and pepper to taste.
- 4 STORAGE: Store in airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
179	13g	7g	11g	1g



Maria's Keto Chili



Prep Time: 7 minutes
Cook Time: 13 minutes
Servings: 8

4 pieces bacon, diced
1 onion, chopped
3 cloves garlic, minced
1 green bell pepper chopped
2 green chilies chopped
1 pound grass fed ground beef
1 pound Italian sausage
2 (28-ounce) diced tomatoes with juice (see note below)
1 (6-ounce) tomato paste
1 cup organic beef broth
1 tablespoon chili powder
1 tablespoon dried oregano
2 teaspoons ground cumin
1 teaspoon dried basil
1 teaspoon fine sea salt
1 teaspoon ground black pepper
1 teaspoon cayenne pepper
1 teaspoon smoked paprika
Stevia glycerite to desired sweetness (optional)

- 1 **INSTANT POT:** Place the diced bacon into a 6-quart Instant Pot and press Saute to cook while stirring occasionally for 4 minutes or until bacon is crisp. Remove bacon with a slotted spoon while reserving drippings in the pot. Add the onion, garlic, celery, green and red bell peppers, and press Saute to cook for 4 minutes or until the onions are soft. Add the ground beef and sausage and continue to cook until evenly browned, about 3 more minutes. Pour in the diced tomatoes and tomato paste, chili peppers, bacon, and beef broth. Season with chili powder, oregano, cumin, salt, pepper, cayenne, paprika, and natural sweetener.
- 2 Stir to blend, then seal and press Manual for 10 minutes. Once finished, press Natural Release.
- 3 **SLOW COOKER METHOD:** Heat a large stock pot over medium-high heat. Add the diced bacon and cook while stirring occasionally for 4 minutes or until bacon is cooked through. Remove bacon with a slotted spoon while reserving drippings in the pot. Add the ground beef, sausage, onions, garlic, and bell peppers in the hot pan, and cook until evenly browned. Place ground beef mixture in a 6-quart slow cooker on low. Pour in the diced tomatoes and tomato paste. Add chili peppers, bacon, and beef broth. Season with chili powder, oregano, cumin, salt, pepper, cayenne, paprika, and natural sweetener.
- 4 Stir to blend, then cover and cook on low heat for 6 hours, stirring occasionally.
- 5 **SERVE:** Uncover and serve warm in bowls. Top each bowl with sour cream and shredded cheddar if desired.
- 6 **STORAGE:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in a stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
410	27g	24g	14g	4g

Tip: To reduce carbs, use 28 ounces tomatoes and extra 2 cups of broth. Removes 5g carbs per serving.



Ramen



Prep Time: 5 minutes
Cook Time: 20 minutes
Servings: 8

1 tablespoon [coconut oil](#)
1 pound boneless pork belly
4 cups beef broth, homemade or store-bought
½ cup [organic tamari](#) (soy sauce)
½ teaspoon chili oil (or toasted sesame oil)
½ cup [Swerve confectioners](#)'-style sweetener or equivalent amount of liquid or powdered sweetener
6 scallions, roughly chopped
2 cloves garlic, minced
1 (2-inch) piece ginger, finely grated
1 shallot, split in half
4 cups zucchini noodles

Garnish:

4 soft-boiled eggs
Sliced green onions

- 1 Place the oil pork belly in a 6-quart Instant Pot with broth, tamari sauce, chili oil, natural sweetener, scallions, roasted garlic (squeeze out the paste from the bulb), ginger, and shallot. Seal and press Manual to cook for 20 minutes or until pork belly is fork-tender. Press Natural Release.
- 2 SLOW COOKER METHOD: Place the pork belly in a 4-quart slow cooker with broth, tamari sauce, chili oil, natural sweetener, scallions, roasted garlic (squeeze out the paste from the bulb), ginger, and shallot. Cover and cook on low for 6 to 8 hours, or on high for 4 to 5 hours, until the belly is very tender.
- 3 SERVE: When ready to serve, remove the pork belly and slice thinly. Divide the pork belly slices into the soup broth with the zucchini noodles. Garnish with a soft-boiled egg poached egg and green onion.
- 4 STORAGE: Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in a stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.
- 5 SOFT BOILED EGGS: I always have a dozen soft boiled eggs in my fridge for easy additions to soups and salads! All you have to do is place a dozen eggs into the instant pot. Seal and press Manual for 3 minutes for soft boiled eggs (5 minutes for fully cooked). Press Quick Release. Rinse under cool water. Peel as needed.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
263	19g	17g	8g	2g



Tomato Gorgonzola Bisque

VEGETARIAN

NUT
FREE

EGG
FREE



Prep Time: 5 minutes
Cook Time: 11 minutes
Servings: 4

1 tablespoon [coconut oil](#) or butter (for Instant Pot only)
½ cup onion, diced
2 cloves garlic, minced
4 oz. cream cheese, softened
1 cup veggie or chicken broth (homemade or store bought)
¼ cup Gorgonzola cheese, crumbled, plus more for garnish
1 (14.5-oz.) can diced tomatoes
1 ½ cup tomato sauce
2 teaspoon dried basil
2 tablespoons [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener
¼ teaspoon pepper
Garnish with fresh basil leaves if desired

- 1 INSTANT POT: Place the oil, onion, and garlic into a 6 quart Instant Pot and press Saute for 4 minutes or until onion is soft. Place the softened cream cheese into the Instant Pot and whisk to loosen or you will end up with clumps. Slowly whisk in the broth to smooth into the cream cheese. Add the Gorgonzola, tomatoes, tomato sauce and basil. Stir well to combine. Seal and press Manual for 7 minutes. Once finished press Quick Release.
- 2 SLOW COOKER: Place the softened cream cheese into the Instant Pot and whisk to loosen or you will end up with clumps. Slowly whisk in the broth to smooth into the cream cheese. Add the onion, garlic, Gorgonzola, tomatoes, tomato sauce and basil. Stir well to combine.
- 3 SERVE: Remove the cover and stir in sweetener if desired. Season with salt and pepper. Garnish with additional gorgonzola cheese and fresh basil leaves if desired. Drizzle with melted ghee or olive oil.
- 4 STORAGE: Store in airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
246	18g	7g	13g	2g



Cauliflower Soup with Crispy Capers

VEGETARIAN

NUT
FREE

DAIRY
FREE

EGG
FREE



Prep Time: 5 minutes
Cook Time: 13 minutes
Servings: 8

1/4 cup chopped chives
4 tablespoon macadamia nut OR olive oil
1 cup onion, finely diced
3 tablespoon unsalted butter or [coconut oil](#)
1 large head of cauliflower, chopped in small flowerettes
4 cup vegetable broth (or chicken broth) (homemade or store bought)
1 teaspoon sea salt
1/2 teaspoon fresh ground pepper
1/4 cup capers, patted completely dry
1 teaspoon [coconut oil](#)
1/2 cup unsweetened unflavored almond or heavy cream
4 oz. mascarpone or cream cheese (Kite Hill cream cheese if dairy free)

- 1 Place 1/4 cup chopped chives and 4 tablespoon oil in a food processor and blend until smooth. Set aside for garnish.
- 2 INSTANT POT: Place the onions, butter, cauliflower, broth, salt and pepper into a 6-quart Instant Pot. Seal and press Manual for 10 minutes. Once finished press, Natural Release. Remove cover from Instant Pot and add almond milk and goat cheese and use a stick blender to puree until smooth.
- 3 SLOW COOKER: Place the onions, butter, cauliflower, broth, salt and pepper into a 6-quart slow cooker. Cover and cook on LOW for 6 hours or HIGH for 2 hours or until cauliflower is very soft. Remove cover and add almond milk and mascarpone cheese and use a stick blender to puree until smooth.
- 4 SERVE: While the soup is cooking, fry the capers. Heat a cast iron skillet over medium-high heat and add 1 teaspoon of coconut oil. Add dry capers and stir often for 2 minutes or until crispy and fried. Set aside to drain on a paper towel.
- 5 Taste soup and adjust seasoning to your liking. Place soup in bowls and garnish with crispy capers and a drizzle of oil.
- 6 STORAGE: Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
166	14g	4g	8g	3g



Thai Soup



Prep Time: 10 minutes
Cook Time: 10 minutes
Servings: 4

- 1 tablespoon [coconut oil](#) (Instant Pot only)
- ½ cup diced onion
- 1 pound boneless, skinless chicken breasts, cut into 2-inch pieces
- 1 teaspoon fine grain sea salt
- 1½ to 3 tablespoons red curry paste
- 1½ cups chicken bone broth, homemade or store bought
- 1 (13½-ounce) can full-fat coconut milk
- ¼ cup fresh cilantro leaves, chopped, plus more for garnish
- 2 green onions, cut into ½-inch pieces, plus more for garnish
- Juice of 1 lime

SUGGESTED SERVING:

Serve with [Keto Rice](#) (page 11)

- 1 **INSTANT POT:** Place 1 tablespoon of the oil in a 6 quart Instant Pot and press Saute. Add the onions and saute for 2 minutes. Season chicken chunks on all sides with salt and sear with the onions for about 2 minutes per side. The chicken does not need to be cooked through; they will finish cooking in the Manual mode.
- 2 Whisk in the curry paste, broth, and coconut milk. Seal and press **MANUAL** for 5 minutes. Once finished press Natural Release.
- 3 **SLOW COOKER:** Place the red curry paste and broth in a 6 quart slow cooker. Use a whisk to combine. Add in the chicken, onion, salt, coconut milk. Cover and cook on **LOW** for 5-6 hours or on **HIGH** for 2-3 hours or until chicken is cooked through and no longer pink.
- 4 **SERVE:** Stir in the cilantro, green onions, and lime juice. Transfer to serving bowls. Garnish each bowl with additional sliced green onions and cilantro leaves.
- 5 **STORAGE:** Store extras in an airtight container in the fridge for up to 4 days or in the freezer for up to a month. Reheat in a skillet over medium heat until warmed.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
398	26g	33g	5g	1g



Bacon Cheeseburger Soup



Prep Time: 5 minutes
Cook Time: 12 minutes
Servings: 12

- 8 slices bacon, diced
- 1 lb grass fed ground beef
- 1/2 cup onion, minced
- 1 head roasted garlic or 2 cloves, minced
- 5 cup beef broth (homemade page 98) or store bought
- 1 cauliflower, cut in 1-inch cubes
- 8 oz. cream cheese, softened
- 16 oz. sharp cheddar, shredded, plus more for garnish

Garnish:

- Slices of dill pickle
- Cherry tomatoes

- INSTANT POT:** Place the bacon into a 6 quart Instant Pot and press saute. Cook until bacon is crisp. Remove bacon with a slotted spoon while leaving drippings in the pot. Place the ground beef, onion and garlic into the Instant Pot. Press Saute and cook while crumbling the beef for 4 minutes or until meat is browned. Place the cream cheese in a bowl and loosen the cream cheese by stirring it with a fork, add a few tablespoons of broth to the cream cheese to loosen. Use a whisk to add in the softened cream cheese into the Instant Pot. Pour in the rest of the chicken broth. Add the cauliflower and cheddar cheese. Seal and press Manual for 8 minutes. Once finished press Quick Release.
- SLOW COOKER:** Place the bacon into a skillet over medium high heat and saute while crumbling for 4 minutes or until cooked through. Remove a 1/4 cup of the bacon for garnish and set aside. Add the ground beef, onion and garlic into the skillet with the bacon and cook while crumbling beef for 4 minutes or until beef is starting to brown. Place mixture into a 6 quart slow cooker. In a small bowl, place the cream cheese in a bowl and loosen the cream cheese by stirring it with a fork, add a few tablespoons of broth to the cream cheese to loosen. Use a whisk to add in the softened cream cheese into the slow cooker. Pour in the rest of the broth. Add the cauliflower and cheddar cheese.
- SERVE:** Garnish with reserved bacon, slices of dill pickle, cherry tomatoes and more cheddar if desired.
- STORAGE:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
305	24g	17g	6g	2g



Cauliflower and Aged Cheddar Soup

VEGETARIAN

NUT
FREE

EGG
FREE



Prep Time: 5 minutes
Cook Time: 12 minutes
Servings: 6

1 tablespoon butter (Instant Pot only)
1/2 cup onion, diced
2 cloves garlic, chopped
1 teaspoon thyme, chopped
1 small head cauliflower, cut in flowerettes
3 cup vegetable broth or chicken broth
(page 98) or store bought
6 oz. aged white cheddar, shredded
2 oz. cream cheese
Celtic sea salt and pepper to taste

- 1 **INSTANT POT:** Place butter into a 6 quart Instant Pot and press Saute. Once oil is melted, add the onions, garlic, and fresh thyme into the Instant Pot and press Saute and cook for 4 minutes or until onions are soft. Use a whisk to add the cream cheese and stir to loosen or you will get clumps. Slowly whisk in the broth. Add the cauliflower and cheddar cheese. Seal and press Manual for 8 minutes. Once finished press Quick Release.
- 2 **SLOW COOKER:** Place all the ingredients in a 4-quart slow cooker. Cover and cook on low for 3-4 hours.
- 3 **SERVE:** Once the cauliflower is very tender and the flavors have melted, use a stick blender to puree until smooth. Taste and add salt and pepper if desired. Garnish with additional cheddar and fresh thyme.
- 4 **STORAGE:** Store in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place into stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
127	10g	5g	5g	1g



Ham and Cabbage Soup



Prep Time: 5 minutes
Cook Time: 14 minutes
Servings: 8

1 tablespoon [coconut oil](#) (or butter)
1/2 head cabbage
1/4 cup onion, chopped
1 green bell pepper, chopped
1 red bell pepper, chopped
2 cloves garlic, minced
1 lb cooked ham, cubed
2 bay leaves
8 cup ham or chicken broth (homemade or store bought)
Celtic sea salt and pepper to taste

- 1 INSTANT POT: Slice the cabbage into “noodle” shapes. Place the onions, bell peppers, garlic into a 6 quart Instant Pot and press Saute to cook for 4 minutes or until onions are soft. Add the cabbage noodles, ham, broth, and bay leaves. Seal and press Manual to cook for 10 minutes. Once finished press Natural Release.
- 2 SLOW COOKER: In a 6-quart slow cooker over a medium heat, place the cabbage ‘noodles’, onions, bell peppers, ham garlic and bay leaves. Pour the broth into the slow cooker.
- 3 Cover and cook for 6-8 hours or until the cabbage is very soft like noodles and the soup flavors have ‘melded’ together. Season to taste with salt and pepper. Remove the bay leaves and serve.
- 4 SERVE: Taste and add salt and pepper if desired. Remove the bay leaves and serve.
- 5 STORAGE: Store in an airtight container in the fridge for up to 7 days or in the freezer for up to a month. To reheat, place into stockpot over medium heat while stirring occasionally for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
191	12g	16g	6g	2g

Posole Soup



Prep Time: 12 minutes
Cook Time: 25 minutes
Servings: 8

- ¼ cup butter or [coconut oil](#)
- ½ cup diced onions (about 1 medium)
- 4 cloves garlic, minced
- 2 pounds boneless pork butt or pork shoulder, cut into 1-inch cubes
- 1 pound button or cremini mushrooms, sliced (about 2½ cups)
- 4 cups chicken bone broth, homemade or store bought
- 4 cups tomato sauce
- 2 tablespoons fresh lime juice
- ½ cup seeded and chopped green chiles
- 2 teaspoons dried oregano leaves
- 2 teaspoons ground cumin
- ½ teaspoon cayenne pepper (or more to desired heat)
- ¼ cup chopped fresh cilantro, plus extra leaves for garnish (optional)
- ½ teaspoon fine sea salt
- 1 cup guacamole, for serving (optional)

- 1 **INSTANT POT:** Place the butter in a 6 quart Instant Pot. Add the onion, garlic, pork, and mushrooms and cook, stirring, until the pork is browned on all sides, about 5 minutes. Add the broth, tomato sauce, lime juice, chiles, oregano, cumin, cayenne, cilantro, and salt. Seal and press Manual for 20 minutes or until pork is cooked through and very tender. Once finished, press Natural Release.
- 2 **SLOW COOKER:** Place the butter, onion, garlic, pork, mushrooms, broth, tomato sauce, lime juice, chiles, oregano, cumin, cayenne, cilantro, and salt. Cover and cook on low for 6 to 8 hours or until pork is very tender and cooked through.
- 3 **SERVE:** Serve in bowls with a scoop of guacamole and garnish with cilantro leaves, if desired.
- 4 **STORAGE:** Store in an airtight container in the refrigerator for up to 5 days. To reheat, place in a pot over medium heat for about 3 minutes, or heat to your liking.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
454	33g	28g	12g	4g

Chicken Stew



Prep Time: 7 minutes
Cook Time: 45 minutes
Servings: 12

- 1 (6-pound) chicken, cut into legs, thighs, and neck (or chicken)
- 9 cups chicken broth, homemade (page 98) or store-bought, or water
- ¼ cup coconut vinegar or apple cider vinegar (to extract nutrients)
- 1 cup diced onions
- Cloves squeezed from 1 head Roasted Garlic, or 4 cloves garlic, minced
- 1 tablespoon fresh rosemary or 1/2 teaspoon dried
- 2 cups cauliflower, cut into cubes
- 1 (28-ounce) jar stewed Italian-style tomatoes
- 1 teaspoon dried oregano leaves
- 1 teaspoon dried thyme leaves
- Fine sea salt and ground black pepper

- 1 Place the chicken pieces in an 8-quart Instant Pot. Add the broth, vinegar, onions, garlic, and rosemary.
- 2 Seal the lid, press Pressure Cook or Manual, and set the timer using the guideline of 6 minutes per pound of chicken, about 36 minutes. Once finished, let the pressure release naturally.
- 3 Remove all of the bones from broth, leaving the meat inside the Instant Pot.
- 4 Add the cauliflower, tomatoes, oregano, and thyme to the Instant Pot with the chicken. Seal the lid, press Pressure Cook or Manual, and set the timer for 7 minutes. Once finished, turn the valve to venting for a quick release.
- 5 Season to taste with salt and pepper. Place the stew in bowls.
- 6 **SLOW COOKER METHOD:** Complete Step 1 using an 8-quart slow cooker. Cover and cook on high for 5 to 6 hours or on low for 8 to 10 hours, until cooked through. Proceed to Step 3, leaving the meat in the slow cooker. Add the cauliflower, tomatoes, oregano, and thyme to the slow cooker with the chicken. Cover and cook on high for 1 hour or until the cauliflower is soft. Proceed to Step 5.
- 7 **STORAGE:** Store in an airtight container in the fridge for up to 1 week or in the freezer for up to a month. To reheat, place in a saucepan over medium heat, stirring occasionally, for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
312	10g	46g	6g	1g

Venison Stew



Prep Time: 12 minutes
Cook Time: 41 minutes
Servings: 8

- 1 tablespoon unsalted butter (or lard for dairy-free)
- 1 cup diced onions
- 2 cups halved button mushrooms
- 2 large stalks celery, cut into ¼-inch pieces
- 4 cloves garlic, minced
- 2 pounds boneless venison or beef roast, cut into 4 pieces
- 5 cups beef broth, homemade (page 98) or store-bought
- 1 (14½-ounce) can diced tomatoes
- 1 teaspoon fine sea salt
- 1 teaspoon ground black pepper
- ½ teaspoon dried rosemary, or 1 teaspoon fresh rosemary, finely chopped
- ½ teaspoon dried thyme leaves, or 1 teaspoon fresh thyme leaves, finely chopped
- ½ head cauliflower, cut into large florets
- Fresh thyme leaves, for garnish (optional)

- 1 Place the butter in a 6-quart Instant Pot and press Sauté. Once the butter is melted, add the onions and sauté for 3 minutes or until soft.
- 2 Add the mushrooms, celery, and garlic and sauté for another 3 minutes or until the mushrooms are golden brown. Press Cancel to stop the Sauté. Add the roast, broth, tomatoes, salt, pepper, rosemary, and thyme.
- 3 Seal the lid, press Pressure Cook or Manual, and set the timer for 30 minutes. Once finished, turn the valve to venting for a quick release.
- 4 Add the cauliflower. Seal the lid, press Pressure Cook or Manual, and set the timer for 5 minutes. Once finished, let the pressure release naturally.
- 5 Shred the meat in the liquid with two forks. Taste the liquid and add more salt, if needed. Ladle the soup into bowls. Garnish with thyme leaves.
- 6 **SLOW COOKER METHOD:** Place the roast, onions, garlic, mushrooms, celery, broth, tomatoes, salt, pepper, rosemary, and thyme in a 6-quart slow cooker. Cover and cook on high for 4 to 5 hours or on low for 8 hours, until the beef is fork-tender. Add the cauliflower, then cover and cook on high for another 20 minutes or until the cauliflower is soft. Proceed to Step 5.
- 7 **STORAGE:** Store in an airtight container in the fridge for up to 1 week or in the freezer for up to a month. To reheat, place in a saucepan over medium heat, stirring occasionally, for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
359	21g	33g	6g	2g

Instant Pot Bone Broth



Prep Time: 12 minutes
Cook Time: 30 minutes
Servings: 1 cup

- 3 1/2 pounds beef, chicken, ham, or fish bones
- 2 stalks celery, chopped
- 1 medium onion, chopped
- 7 cloves garlic, whacked with the side of a knife and peeled
- 2 bay leaves
- 2 teaspoons fine sea salt
- 1/4 cup apple cider vinegar or coconut vinegar
- 1/4 cup fresh herbs of choice, or
- 1 teaspoon dried herbs (optional)

- 1 INSTANT POT: Place the bones, celery, onion, garlic, bay leaves, salt, and vinegar in an 8-quart Instant Pot, then add enough cold filtered water to cover everything. Add the herbs, if using.
- 2 Seal the lid, press Pressure Cook or Manual, choose low pressure, and set the timer for 30 minutes. (Cooking on low pressure allows more gelatin and minerals to be extracted from the bones.) Once finished, let the pressure release naturally.
- 3 Pour the broth through a strainer and discard the solids.
- 4 SLOW COOKER: Complete Step 1 using an 8-quart slow cooker, then turn the heat to high. Bring to a simmer, uncovered, then reduce the heat to low. Cover and cook for a minimum of 8 hours and up to 48 hours. The longer the broth cooks, the more nutrients and minerals it will have in it! Proceed to Step 3.
- 5 STORE in an airtight container in the fridge for up to 5 days or in the freezer for up to a month. To reheat, place in a saucepan over medium heat, stirring occasionally, for 5 minutes or until heated through.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
21	1g	2g	1g	0.2g

Sweet Treats



Crustless Cheesecake

VEGETARIAN

NUT
FREE



Prep Time: 15 minutes

Cook Time: 7 minutes

Servings: 12

2.5 (8 ounce) packages cream cheese

3/4 cups [Swerve confectioners](#) (or equivalent liquid or powdered)

1/3 cup unsweetened almond milk (or hemp milk if nut free)

1/8 teaspoon fine grain sea salt

2 small eggs

1 vanilla bean (scraped clean) or 2 teaspoon vanilla extract

- 1 Line the sides and the bottom of a 7 inch cheesecake pan with 2 layers of tinfoil for an easier removal. In a large bowl or the bowl of a stand mixer, beat the cream cheese, sweetener, almond milk, vanilla, and salt until well blended. Add the eggs, one at a time, mixing on low speed after each addition just until blended. Combine until very smooth. Pour the batter into the pan. Fill the pan with filling. Gently tap the cheesecake pan against the counter to let the air bubbles rise to the surface.
- 2 **INSTANT POT:** Add 1 cup cold water into a 6 quart Instant Pot. Place trivet or steamer rack into the pot. Make a tinfoil hammock for the cheesecake to sit on in the Instant Pot (see page 2). Cover cheesecake with 3 large pieces of paper towel to ensure condensation doesn't get into the cheesecake. Seal and press Manual for 26 minutes, then press Natural Release, about 7 minutes. Gently open the lid. Use the foil hammock to lift the cheesecake out of the Instant Pot.
- 3 **SLOW COOKER:** Place 1 cup water into a 6 quart or larger slow cooker. Place filled cheesecake pan into the slow cooker. Make sure the foil is tight enough around the pan so water doesn't leak in. Place 3 large sheets of paper towel onto the cheesecake so condensation doesn't leak onto the cheesecake. Cover and cook on HIGH for 2 hours. Turn off slow cooker and leave cheesecake in the slow cooker 1 more hour.
- 4 **SERVE:** Allow the cheesecake to fully chill and set before slicing and serving.
- 5 **STORAGE:** Store extras in airtight container in the fridge for up to 5 days.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
177	16g	4g	1g	0g

Mocha Fudge "Cup"cakes

VEGETARIAN

NUT
FREE

DAIRY
FREE



Prep Time: 7 minutes
Cook Time: 10 minutes
Servings: 8

4 tablespoons butter or [coconut oil](#)
¾ cup hot coffee, or 1 shot decaf espresso
with ½ cup hot water
3 ounces unsweetened chocolate, melted
1½ cups [Swerve confectioners](#) (or
equivalent liquid or powdered
¾ cup sour cream
3 large eggs (6 eggs if using [coconut flour](#))
1½ cups blanched [almond flour](#), or ¾ cup
[coconut flour](#)
1½ teaspoon baking soda
¼ teaspoon fine sea salt
2 teaspoons vanilla or chocolate extract

- 1 Grease eight 4-ounce heat-safe coffee or teacups or ramekins. Place butter, coffee and chopped chocolate into a large pot over medium low heat and stir until chocolate is just melted. Add the sweetener, sour cream and eggs into the pot. Use a hand mixer and combine well. In a medium bowl place the almond flour, baking soda and salt and use a fork to combine. Add the almond flour mixture into the pot. Stir in extract. If you're not concerned about consuming raw eggs, taste and adjust the sweetness to your liking. Pour the batter into the prepared ramekins. Cover with foil and store 4 of the cups in the fridge or freezer for future easy keto desserts.
- 2 INSTANT POT: Place a trivet into an 8-quart Instant Pot and add 1 cup water. Place 4 ramekins onto the trivet. Seal the lid and press manual setting for 10 minutes. Once finished, press Quick Release.
- 3 SLOW COOKER METHOD: Place the ramekins into a 6-quart slow cooker and add water to go up about halfway up the ramekins (this ensures even baking and creamy texture). Cover and cook on low for 3½ hours or until still jiggly and fudgy in the middle.
- 4 SERVE: Serve warm or chilled.
- 5 STORAGE: Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to a month.

Nutritional Info (per serving)

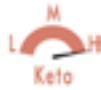
Calories	Fat	Protein	Carbs	Fiber
322	28g	9g	9g	4g



Lovers' Cheesecake

VEGETARIAN

NUT FREE



Prep Time: 15 minutes
Cook Time: 13 minutes
Servings: 4

Crust:

- 3½ tablespoons unsalted butter (or [coconut oil](#) for dairy-free)
- 1½ ounces unsweetened baking chocolate, finely chopped
- 1/3 cup [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid
- 1 large egg, beaten
- 2 teaspoons ground cinnamon
- Seeds scraped from ½ vanilla bean or 1 teaspoon vanilla extract
- ¼ teaspoon fine sea salt

Filling:

- 2 ounces unsweetened baking chocolate, finely chopped
- 1 tablespoon unsalted butter (or [coconut oil](#) for dairy-free)
- 1 (8-ounce) package cream cheese (or Kite Hill brand cream cheese style spread for dairy-free), softened
- ½ cup [Swerve confectioners'](#)-style sweetener or equivalent amount of liquid or powdered sweetener
- 1/3 cup unsweetened almond milk (or heavy cream for nut-free)
- Seeds scraped from ½ vanilla bean (about 8 inches long), or 1 teaspoon vanilla extract
- ½ teaspoon fine sea salt
- 1 large egg
- 1 tablespoon unsweetened cocoa powder
- ½ batch Chocolate Ganache (page 104), chilled, for garnish

Special Equipment:

- 4-inch springform pan

- 1 Line the sides and bottom of a 4-inch springform pan with parchment paper.
- 2 Make the crust: Melt the butter in a saucepan over medium-low heat. Slowly add the chocolate, stirring constantly. (Don't let the chocolate burn!) When the chocolate is melted, add the sweetener, egg, cinnamon, vanilla bean seeds, and salt. Pour the crust mixture into the prepared pan, spreading it with your hands to cover the bottom of the pan completely.
- 3 Make the filling: Place the chocolate and butter in a medium-sized saucepan over low heat. Stir well to combine. When melted, remove from the heat and set aside. Place the cream cheese, sweetener, almond milk, vanilla bean seeds, and salt in a large bowl. Using a hand mixer or stand mixer, beat until well blended. Add the egg, mixing on low speed just until combined. Add the cocoa powder and the melted chocolate mixture. Blend until very smooth.
- 4 Pour the batter on top of the crust in the pan. Gently tap the pan against the counter to bring the air bubbles to the surface.
- 5 INSTANT POT: Set a trivet in a 6-quart Instant Pot and pour in 1 cup of cold water. Make a foil sling (see page 2) and use it to lower the pan into the Instant Pot. Tuck in the sides of the sling.
- 6 Seal the lid, press Pressure Cook or Manual, and set the timer for 13 minutes. Once finished, let the pressure release naturally. Gently open the lid and use the foil sling to lift the pan out of the Instant Pot.
- 7 Let the cheesecake cool completely in the pan before removing. Refrigerate for 4 hours or overnight before serving. If desired, pour the ganache over the top. See next page for ganache recipe.
- 8 SLOW COOKER METHOD: Pour 1 cup of cold water into a slow cooker. Place the filled cheesecake pan in the slow cooker. Make sure the foil is tight enough around the pan so that water doesn't leak in. Place 3 large sheets of paper towel on the cheesecake so that condensation doesn't leak onto it. Cover and cook on high for 2 hours. Turn off the slow cooker and leave the cheesecake in the slow cooker for 1 hour more. Proceed to Step 7.
- 9 TIP: When removing the lid, do so carefully to avoid dripping water onto the cheesecake. Dab any water on the top of the cake with a paper towel.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
533	49g	10g	8g	3g



Lover's Cheesecake Ganache

VEGETARIAN

NUT
FREE

DAIRY
FREE

EGG
FREE



Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 4

2 tablespoons unsalted butter (or coconut oil if dairy-free)

1 ounce unsweetened chocolate, chopped

¼ cup plus 1 tablespoon heavy cream (or full-fat coconut milk if dairy-free)

¼ cup Swerve confectioners'-style sweetener or equivalent amount of liquid or powdered sweetener

Seeds scraped from 1 vanilla bean (about 8 inches long), or 1

teaspoon vanilla extract

- 1 To make the ganache, place the butter and chopped chocolate in a double boiler (or in a heat-safe bowl set over a pan of boiling water) Heat on low, stirring often, until just melted (don't let the chocolate burn!), then add the cream, sweetener, and vanilla. Stir until smooth and thick. Taste and adjust sweetness to your liking.
- 2 Garnish Lover's Cheesecake with the ganache.
- 3 Store in a sealed jar in the fridge for up to 5 days.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
163	17g	1g	3g	1g

Bread Pudding

VEGETARIAN

NUT
FREE

DAIRY
FREE



Prep Time: 5 minutes
Cook Time: 10 minutes
Servings: 12

1 loaf zucchini bread, cut into cubes
(page 107)

1 cup unsweetened almond milk (or full-fat coconut milk for nut-free)

½ cup heavy cream (or full-fat coconut milk for dairy-free)

3 large eggs

2/3 cup [Swerve confectioners](#)'-style sweetener or equivalent amount of liquid or powdered sweetener

1 teaspoon ground cinnamon

Seeds scraped from 1 vanilla bean (about 8 inches long) or 2 teaspoons vanilla extract

½ teaspoon fine sea salt

Frosting:

1/4 cup softened unsalted butter (or butter-flavored [coconut oil](#) for dairy-free)

1/4 cup cream cheese (or kite hill brand if dairy free), softened

¼ cup [Swerve confectioners](#)'-style sweetener or equivalent powdered or liquid sweetener, plus more to taste

1 teaspoon ground cinnamon

- 1 Put the cubed bread in a large bowl and pour the almond milk and heavy cream on top of the bread; set aside. Place the eggs, sweetener, cinnamon, and vanilla seeds in another large bowl and mix well. Pour the egg mixture over soaked bread and stir to combine.
- 2 Grease a 1-quart round casserole dish and pour the egg and bread mixture into the dish.
- 3 INSTANT POT: Set a trivet in a 6-quart Instant Pot and add 1 cup of water. Make a foil sling (see page 2) and use it to lower the dish into the Instant Pot. Tuck in the sides of the sling.
- 4 Seal the lid, press Pressure Cook or Manual, and set the timer for 10 minutes. Once finished, let the pressure release naturally. Use the foil sling to lift the dish out of the Instant Pot.
- 5 Cool the pudding for 10 minutes before slicing. Meanwhile, make the frosting: Place the butter, cream cheese, sweetener, and cinnamon in a small bowl and mix together. Taste and adjust the sweetness to your liking.
- 6 Before serving warm or chilled, dollop the frosting over the bread pudding slices.
- 7 SLOW COOKER METHOD: Complete Step 1 above, then pour the mixture in a greased 4-quart or larger slow cooker. Cover and cook on low for 3 hours or until the pudding is set and cooked through. Proceed to Steps 5 and 6.
- 8 STORAGE: Store in an airtight container in the fridge for up to 5 days.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
429	41g	8g	8g	4g

Zucchini Bundt Bread

VEGETARIAN

NUT
FREE

DAIRY
FREE



Prep Time: 7 minutes
Cook Time: 35 minutes
Servings: 8

6 eggs
1 cup coconut milk
3/4 cup butter (or butter flavored [coconut oil](#)) melted
1/2 cup [Swerve confectioners](#) (or equivalent liquid or powdered
2 teaspoon cinnamon
1 teaspoon sea salt
1 cup [coconut flour](#)
1 teaspoon baking powder
1 cup shredded zucchini
3 teaspoon maple extract (or vanilla extract)

GLAZE:

1/2 cup (1 stick) butter (or butter flavored [coconut oil](#))
1/4 cup [Swerve confectioners](#) (or equivalent powdered sweetener
1/4 cup cream cheese (or Kite Hill cream cheese if dairy free)
2 teaspoons maple extract

GARNISH:

Crushed walnuts or Candied Walnuts
(page 55)

- 1 In mixing bowl with hand-held electric mixer, beat eggs until light and foamy. Add coconut milk, melted butter or oil, natural sweetener and cinnamon and combine well. In another large bowl, combine the coconut flour, baking powder and salt. Add the coconut flour mixture into the egg mixture. Use a large spoon to stir in grated zucchini and vanilla.
- 2 INSTANT POT: Place a trivet into a 6 quart (or larger) Instant Pot and add 1 cup water. Pour mixture into a greased 6 cup Bundt pan. Cover the pan with a paper towel and then tin foil. Place pan on trivet in the Instant Pot. Seal and press Manual for 35 minutes. Once finished press Natural Release. Allow to cool in the Instant Pot for 10 minutes before removing.
- 3 SLOW COOKER: Place 2 cups water into a 6 quart or larger slow cooker. Pour mixture into a greased 6 cup Bundt pan. Cover the pan with a paper towel and then tin foil. Place pan into the slow cooker so the water goes 1/2 way up the Bundt pan. Cover and cook on HIGH for 2 hours or until a toothpick inserted into the middle comes out clean. Allow to cool in the slow cooker for 10 minutes before removing.
- 4 SERVE: Chill the finished Bundt cake in the fridge or freezer before removing from Bundt pan. While cake is cooling, make the brown butter glaze. Place the butter in a large pot and heat on high for about 5 minutes, whisk occasionally. The butter will start to sizzle and fluff up. Watch for brown flecks (not black!). Once the butter is brown, whisk vigorously while adding the sweetener. Remove from heat. Next add the cream cheese and extract. Be careful or the mixture might froth over. Cool slightly so it thickens a little (or it will leak off cake). Having a very cold cake will also help the glaze harden faster for a nice frosting. Drizzle over cooled cake and sprinkle on slivered almonds and lemon zest while the glaze is still wet. Place in fridge to cool for 30 minutes.
- 5 STORAGE: Store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to a month.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
462	43g	9g	11g	6g

Gingerbread Cake

VEGETARIAN

DAIRY
FREE



Prep Time: 7 minutes
Cook Time: 20 minutes
Servings: 12

1/2 cup [coconut flour](#)
1/2 cup [almond flour](#)
1/2 teaspoon fine grain sea salt
1/2 teaspoon baking soda
1/2 teaspoon baking powder
2 teaspoon ginger
2 teaspoon cinnamon
1/2 teaspoon ground nutmeg
1/4 teaspoon ground cloves
5 eggs
1/2 cup unsweetened almond milk
1/4 cup butter, melted (or [coconut oil](#) if dairy free)
1/2 cup [Swerve confectioners](#) (or [Swerve brown sugar](#))
2 teaspoons orange extract (or vanilla)

GLAZE:

1/2 cup butter, softened (or [coconut oil](#) if dairy free)
1/2 cup cream cheese, softened (or Kite Hill cream cheese if dairy free)
1/2 cup [Swerve brown sugar](#) or equivalent powdered sweetener

- 1 Combine all dry ingredients in a small bowl and whisk together. In a large bowl combine eggs, coconut milk, coconut oil, sweetener and extract. Whisk together. Pour wet ingredients into dry ingredients, mixing thoroughly until smooth.
- 2 Grease 6 inch bundt pan with coconut oil and fill pan with batter.
- 3 INSTANT POT: Place trivet in a 6 quart Instant Pot and add 1 cup cold water. Make a tinfoil hammock for the cake to sit on in the Instant Pot. Seal and press Manual for 20 minutes, once finished press Natural Release. Gently open the lid. Use the foil hammock to lift the cake out of the Instant Pot.
- 4 SLOW COOKER: Add 1 cup cold water into a slow cooker. Place filled bundt pan into the slow cooker. Cover and cook on HIGH for 2 hours. Turn off slow cooker and leave cake in the slow cooker 1 more hour.
- 5 SERVE: Let the cake cool completely in the pan before removing. Refrigerate for 1 hour. Once chilled, make the glaze by placing all of the ingredients into a small bowl and stir until smooth. Pour over chilled cake.
- 6 STORAGE: Store in an airtight container in the refrigerator for up to 5 days or in the freezer without frosting for up to a month.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
649	59g	15g	14g	7g



Mini Strawberry Cheesecake

VEGETARIAN

NUT
FREE

DAIRY
FREE



Prep Time: 15 minutes
Cook Time: 13 minutes
Servings: 4

FILLING:

12 ounces cream cheese (Kite Hill brand cream cheese style spread if dairy-free), softened

3/4 cup [Swerve confectioners](#)'-style sweetener or equivalent

4 tablespoons unsweetened almond milk (or heavy cream if nut-free)

1 teaspoon vanilla extract

1/4 teaspoon fine grain sea salt

1 egg

STRAWBERRY GANACHE:

1 cup strawberries

1/2 cup salted butter

4 tablespoons [Swerve confectioners](#)

1/4 teaspoon stevia glycerite (or a few drops strawberry stevia)

GARNISH:

Strawberries, stems removed and cut in half

SPECIAL EQUIPMENT:

6-inch springform pan

- 1 Line the sides and the bottom of a 6 by 4 inch cheesecake pan with parchment paper for an easier removal.
- 2 To make the Filling, in a large bowl or the bowl of a stand mixer, beat the cream cheese, sweetener, almond milk, vanilla, and salt until well blended. Add the egg, mixing on low speed. Combine until very smooth. Pour the batter into the pan. Fill the pan with filling. Gently tap the cheesecake pan against the counter to let the air bubbles rise to the surface.
- 3 **INSTANT POT:** Place trivet in a 6 quart Instant Pot and add 1 cup cold water. Make a tinfoil hammock for the cheesecake to sit on in the Instant Pot. Seal and press Manual for 13 minutes, once finished press Natural Release. Gently open the lid. Use the foil hammock to lift the cheesecake out of the Instant Pot.
- 4 **SLOW COOKER:** Add 1 cup cold water into a slow cooker. Place filled cheesecake pan into the slow cooker. Make sure the foil is tight enough around the pan so water doesn't leak in. Place 3 large sheets of paper towel onto the cheesecake so condensation doesn't leak onto the cheesecake. Cover and cook on HIGH for 2 hours. Turn off slow cooker and leave cheesecake in the slow cooker 1 more hour.
- 5 **SERVE:** Let the cheesecake cool completely in the pan before removing. Refrigerate for 4 hours or overnight before serving. Once chilled, make the strawberry ganache by placing all of the ganache ingredients into a blender and puree until smooth. Pour over chilled cheesecake and garnish with strawberries halves around the bottom of the cheesecake.
- 6 **STORAGE:** Store in an airtight container in the fridge for up to 5 days.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
558	51g	8g	8g	1g



Eggnog Cake

VEGETARIAN

DAIRY
FREE



Prep Time: 7 minutes
Cook Time: 20 minutes
Servings: 12

1/2 cup [coconut flour](#)
1/2 cup [almond flour](#)
1/2 teaspoon fine grain sea salt
1/2 teaspoon baking soda
1/2 teaspoon baking powder
2 teaspoon ground nutmeg
5 eggs
1/2 cup unsweetened almond milk
1/4 cup butter, melted (or [coconut oil](#) if dairy free)
1/2 cup [Swerve confectioners](#) or equivalent powdered sweetener
2 teaspoons rum extract

GLAZE:

1/2 cup butter, softened (or [coconut oil](#) if dairy free)
1/2 cup cream cheese, softened (or Kite Hill cream cheese if dairy free)
1/2 cup [Swerve confectioners](#) or equivalent powdered sweetener
1 teaspoon nutmeg

- 1 Combine all dry ingredients in a small bowl and whisk together. In a large bowl combine eggs, coconut milk, coconut oil, sweetener and extract. Whisk together. Pour wet ingredients into dry ingredients, mixing thoroughly until smooth.
- 2 Grease 6 inch bundt pan with coconut oil and fill pan with batter.
- 3 INSTANT POT: Place trivet in a 6 quart Instant Pot and add 1 cup cold water. Make a tinfoil hammock for the cake to sit on in the Instant Pot. Seal and press Manual for 20 minutes, once finished press Natural Release. Gently open the lid. Use the foil hammock to lift the cake out of the Instant Pot.
- 4 SLOW COOKER: Add 1 cup cold water into a slow cooker. Place filled bundt pan into the slow cooker. Cover and cook on HIGH for 2 hours. Turn off slow cooker and leave cake in the slow cooker 1 more hour.
- 5 SERVE: Let the cake cool completely in the pan before removing. Refrigerate for 1 hour. Once chilled, make the glaze by placing all of the ingredients into a small bowl and stir until smooth. Pour over chilled cake. Garnish with nutmeg.
- 6 STORAGE: Store in an airtight container in the refrigerator for up to 5 days or in the freezer without frosting for up to a month.

Nutritional Info (per serving)

Calories	Fat	Protein	Carbs	Fiber
657	60g	15g	13g	7g



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