

KETO
CHOW 
make keto easy [®]

A COLLECTION
OF KETO RECIPES
MADE WITH
KETO CHOW
SAVORY FLAVORS



ketochow.xyz

CROCKPOT TACO SOUP

by Amanda Balle @amandaeatsketo

Ingredients

- * 1 lb ground beef
- * 4 oz can of diced chiles
- * 14.5 oz can diced tomatoes
- * 1 serving Spicy Taco Base Keto Chow
- * 4 oz cream cheese
- * 1 tsp salt
- * 1/2 tsp cumin
- * 1/2 tsp chili powder
- * 1/2 tsp garlic powder
- * your favorite taco toppings

Instructions

1. Brown the beef on medium high heat. (I used my instant pot on saute.)
2. Add the rest of the ingredients and stir together. Don't worry about mixing in the cream cheese; it will melt as it cooks.
3. Cook in crockpot or using a crockpot feature on high for 2 hours.
4. Add all of your favorite taco toppings and serve.



ENCHILADA SAUCE

by Amanda Balle @amandaeatsketo

Ingredients

- * 1.5 cups water
- * 8 oz tomato sauce
- * 1 scoop Spicy Taco Base Keto Chow
- * 1 tbsp chili powder
- * 1 tsp cumin
- * 1/2 tsp garlic powder

Instructions

Blend everything together. If you prefer a thicker sauce, reduce water.

Notes

For the Keto Chow photos, I only used 3/4 c of water, which made the whole recipe 16 oz. We used the Keto Chow Savory Crepes as the tortillas.

KETO SPICY TACO FAJITA SOUP

by Sarah DeYoung @sarahdeyoungphoto

Soup Ingredients

- * 1 lb steak
- * 1 bell pepper sliced
- * 1/2 small onion sliced
- * 1-2 clove garlic
- * 2 tbsp butter
- * 1 serving Spicy Taco Soup Keto Chow
- * 1/4 cup butter
- * 14 oz warm water
- * salt & pepper

Suggested Toppings

- * shredded cheese
- * sour cream
- * avocado
- * cilantro
- * lime
- * tomatoes

Conventional Cooking Method

1. Generously coat steak with salt and pepper. Grill steak to desired doneness or a little less.
2. While grilling steak, add Taco Soup Base with 1/4 c butter and warm water to a pot, whisking thoroughly until no longer lumpy. Keep on low heat.
3. Saute onions and peppers in 2 tbsp butter and add garlic.
4. Slice steak into "bite-sized" pieces.
5. Add cooked onions, peppers, garlic, and steak to soup base and let simmer for a few minutes.
6. Add salt and pepper to taste. Serve and top with any toppings you like.

InstantPot Method

1. Generously coat steak with salt and pepper. Using 2 tbsp butter, sear steak using SAUTE function. Remove steak and cut into "bite-sized" pieces.
2. Saute onions and peppers with the garlic for 2 min, adding more butter if necessary. Remove onions and peppers.
3. Add 1/4 c butter and melt. Once melted, add water and turn off saute function.
4. Whisk in Spicy Taco Soup Keto Chow until no longer lumpy.
5. Add steak, onions, peppers and garlic back to InstantPot. Season with more salt and pepper. Cook on low pressure for 10 min. Serve and top with any toppings you like.

TIPS: For a more liquid soup, do a second serving of Keto Chow Taco Soup mixed with water and butter. This recipe is very mild in the spiciness factor. If you want more spice, add a hotter pepper in the mix, chili powder, or some cumin. You can replace the water with beef broth.





KETO CHOW CREPES

by Amanda Balle @amandaeatsketo

Ingredients

- * 8 large eggs
- * 1/2 cup melted unsalted butter
- * 1 scoop Keto Chow Savory Chicken Soup

Instructions

1. Mix all ingredients with a blender. I use an immersion blender.
2. In a greased nonstick pan (around 10") over medium heat, pour about 3 Tbsp of mixture into the middle and then pick up the pan and spread mixture to all sides.
3. Let it cook until the edges start to lift a bit and it releases from pan.
4. Flip and let cook for another minute.

KETO CHOW DROP BISCUITS

by Amanda Balle @amandaeatsketo

This is pretty much the perfect companion for keto sausage gravy!

Ingredients

- * 1/2 cup almond flour (59g)
- * 1 scoop Savory Chicken Soup Keto Chow (45.5g)
- * 1 tsp baking powder (5g)
- * 2 tbsp cold butter, cubed (28.5g)
- * 4 large egg whites whisked with a fork

Instructions

1. Mix together almond flour, Keto Chow and baking powder.
2. Cut in the butter. You can use your hands.
3. Add egg whites and mix batter until combined. It will be lumpy from the cold butter.
4. Drop onto a cookie sheet lined with parchment paper
5. Bake at 350 degrees for 17-20 minutes or until brown on top.
6. Split open using fork tines to keep fluffy texture.

Notes

If you use whole eggs, the batter and resulting biscuits will be more yellow, a bit runnier due to the extra liquid, and won't be quite as fluffy, but it still works extremely well.



CHICKEN CORDON BLEU CASSEROLE

by Maggie Sterling @LowCarbLlama

Casserole Ingredients

- * 4 large cooked shredded chicken breasts
- * 6 oz chopped ham
- * 1/2 cup mayonnaise
- * 1/2 cup sour cream
- * 1 scoop Savory Chicken Soup Keto Chow
- * 2/3 cup chicken broth
- * 1/2 tbsp Dijon mustard
- * 1 tsp salt
- * 1/2 tsp pepper
- * 1/2 tsp roasted garlic powder
- * 1/2 cup shredded parmesan

Topping Ingredients

- * 6 slices Swiss cheese
- * 1/2-3/4 cup crushed pork rinds

Instructions

1. Preheat oven to 350 degrees.
2. Mix all casserole ingredients in a large mixing bowl. Grease a 9 x 13 glass baking/casserole dish, and pour the casserole mix in.
3. Bake for 20 minutes.
4. Remove from the oven and add the Swiss cheese slices to the top.
5. Bake for an additional 10 minutes.
6. Remove from the oven again and add pork rinds, then bake for an additional 5 minutes.





BACON CHEESEBURGER SOUP

by Chef Taffiny Elrod @cheftaffyelrod

Ingredients

- * 4 ounces bacon
- * 1 pound ground chuck
- * 1/4 cup sugar free ketchup or tomato sauce
- * 1 tbsp deli mustard
- * 1 tsp sea salt
- * 2 scoops Beef Soup Base Keto Chow
- * 8 ounces cheddar cheese grated
- * 4 ounces onion diced
- * 4 cups water
- * 1 tbsp garlic powder
- * 1/2 tsp black pepper
- * dill pickle slices for garnish

Instructions

1. In a large soup pot, cook the bacon over low heat until the fat has rendered off and the bacon is crispy. Remove the bacon and set aside. When the bacon is cool enough to touch, crumble it into large pieces.
2. Add the onions to the pan and cook them in the bacon fat over medium heat, until they are translucent.
3. Add the ground beef and cook, stirring to break it up into small pieces. When the beef is browned, add the ketchup, mustard, garlic powder, salt and pepper and cook until the mixture is fragrant and bubbling.
4. Add the water to the pot and bring to a boil, reduce heat and simmer until beef is fully cooked, about 10 minutes.
5. Carefully remove about a cup of the hot cooking liquid and blend the Beef Soup Base Keto Chow into the liquid, then stir it back into the soup. Then stir in the cheese and simmer until the cheese is melted.
6. Serve, garnished with crumbled bacon and dill pickle slices and any other toppings you like.

KETO BEEF GRAVY

by Amanda Balle
@amandaeatsketo

Ingredients

- * 3 tbsp unsalted butter
- * 1 cup hot water
- * 2 tbsp Beef Soup Base Keto Chow (16g)

Instructions

1. Melt butter in small sauce pan over medium heat.
2. Add water and heat until bubbling.
3. While whisking, add in 2 Tbsp Beef Soup Base Keto Chow and continue whisking over medium heat for 5 minutes.
4. Let simmer for a few more minutes until the gravy is thick and bubbling.



EASY KETO BEEF WITH BROCCOLI

by Chef Taffiny Elrod @cheftaffyelrod

Ingredients

- * 1 pound flank steak (cut across the grain into 1/4 inch strips)
- * 1/4 cup soy sauce or coconut aminos
- * 3 cloves garlic minced
- * 2 tbsp ginger minced
- * 1 tbsp rice wine vinegar or apple cider vinegar
- * pinch red pepper flakes (optional)
- * 1/4 cup coconut oil
- * 1 scoop Beef Soup Base Keto Chow
- * 2/3 cup warm water
- * 1 pound broccoli cut into florets
- * 1 tbsp toasted sesame oil
- * 1 green onion sliced
- * 1 tbsp sesame seeds

Instructions

1. Mix the sliced steak with the soy sauce, garlic, ginger, vinegar and red pepper flakes if using. Set aside to marinate for 15-20 minutes.
2. Mix the Beef Soup Base with the warm water and set aside.
3. Heat a large skillet over high heat and add enough coconut oil to coat the pan well. Remove the steak from the marinade - reserving the marinade - and add the steak carefully to the hot pan. Spread it out into a single layer and cook until it begins to brown, about two minutes, then turn the beef and cook about two minutes on the other side. Remove the beef from the pan and set aside.
4. Add the remaining marinade and the Beef Soup Keto Chow mixture to the pan and heat, stirring to mix in the beefy deliciousness from the bottom of the pan.
5. Add the broccoli and simmer for about 5 minutes, until the broccoli is tender but still firm. Return the beef to the pan and heat through. Stir in the sesame oil. Taste and season with salt and pepper if desired.
6. Garnish with sliced green onions and sesame seeds.





CREAMY TOMATO BASIL MASCARPONE SOUP

by Chef Taffiny Elrod @cheftaffyelrod

Ingredients

- * 2 ounce salted butter melted (1/2 stick)
- * 1 scoop Creamy Tomato Basil Keto Chow
- * 14 ounces hot water
- * 3 ounces mascarpone cheese
- * 2 Tbsp fresh basil leaves
- * 1-2 Tbsp grated parmesan or romano cheese
- * salt and pepper to taste

Instructions

1. Blend the butter, keto chow and hot water according to package directions.
2. Add the mascarpone cheese, fresh basil, and grated parmesan or romano cheese and blend until creamy and frothy.
3. Taste and adjust seasoning as desired.
4. Drink hot or chill and enjoy as a cold soup.



KETO CHOW CHILI

by Joe Stauffer of @2KrazyKetos

Ingredients

- * 6 slices bacon
- * 1 1/2 lb 80/20 ground beef
- * 1 1/2 lb ground pork (can be substituted with additional ground beef)
- * 1 medium sweet onion diced
- * 2 tsp minced garlic
- * 2 Tbsp chili powder
- * 2 tsp Redmond Real Salt
- * 1/2 tsp cayenne pepper
- * 2 servings Creamy Tomato Basil Keto Chow
- * 2 medium green bell peppers diced
- * 3 cups organic beef stock
- * 4 tsp ground cumin
- * 1 tsp ground pepper
- * 30 drops liquid monk fruit or stevia optional

Instructions

1. Heat up large cast iron pot or dutch oven on medium heat.
2. Dice bacon and add to pot with coconut oil.
3. Cook bacon until fat is rendered but don't overcook the bacon - it should still be soft.
4. Add ground beef and ground pork and cook most of the way through. Break meat into small pieces.
5. Dice green pepper; if using fresh garlic, mince it up. Dice onion.
6. When meat is mostly cooked, add pepper, onion and garlic. Allow to simmer until they soften up.
7. Add all spices, Keto Chow and beef stock. Stir to combine. If you like a sweet and spicy chili, add monk fruit or stevia.
8. Turn heat to simmer and cover. Allow to simmer for 1 hour. For a thicker chili, simmer with lid off for at least 30 minutes.

KETO CHOW CHAFFLES

A "chaffle" is a waffle made with cheese and eggs, and around here we add one more ingredient: Keto Chow. Although you can actually add additional ingredients like sugar-free chocolate chips but the core recipe is really simple. We've tried these with just about every flavor of Keto Chow: the sweet flavors make great traditional waffles, the savory flavors make amazing buns, pizza crusts, and more!

Equipment

- * Dash mini waffle maker(s)

Ingredients

- * 6 large eggs
- * 2 cups cheese we typically use mozzarella or Monterey jack
- * 1 serving Keto Chow flavor of your choice whichever flavor you like!

Instructions

1. Crack open and empty eggs into a bowl.
2. Add cheese. Add Keto Chow. Add other ingredients like chocolate chips if desired.
3. Mix to get the clumps out.
4. Put a small amount of mixture into the waffle maker, about 2 tablespoons.

