AMERICAN · DINNER

Low-Carb Beef Chili with No Beans

50 min · Makes 10 × 1 cup · 348 kcal a portion · Video 5:28 · Joe Duff - The Diet Chef

Gluten-free ingredients · Nut-free

Beef, bacon and vegetables with no beans or added sugar: a cup has about 10 g net carbs and over 25 g protein, plus vitamin C from the peppers and tomato.

Diet notes: Low carb (10 g net carbs) but not keto: 49% of the energy is from fat, and keto meals get about 60% or more; Dairy-free if you leave out the cheddar and sour cream.

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Ingredients

20 · MAKES 10 × 1 CUP

- [ ] 1 **green bell pepper** (150 g), chopped
- [ ] 1 **yellow bell pepper** (150 g), chopped
- [ ] 1 small **onion** (70 g), diced
- [ ] 2 cloves **garlic**, minced
- [ ] 1 **jalapeño**, sliced
- [ ] 4 slices **thick centre-cut bacon**, diced
- [ ] 907 g 80/20 **ground beef**
- [ ] 236 ml **beef bone broth**
- [ ] 425 g **low-carb tomato sauce**
- [ ] 283 g can diced **tomatoes and green chillies**
- [ ] 200 g **tomato paste**
- [ ] 2 tbsp (25 g) **hot sauce**
- [ ] 2 tbsp **chili powder**
- [ ] 1 tsp **cumin**
- [ ] 1 tsp **oregano**
- [ ] 1 tsp **garlic powder**
- [ ] **black pepper**, a pinch
- [ ] **sour cream**, to serve (about 1 tbsp a bowl)
- [ ] grated **cheddar**, to serve (about 10 g a bowl)
- [ ] **fresh chives**, chopped, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Prep the vegetables: chop the green and yellow peppers into bite-size pieces, dice the onion, mince the garlic, slice the jalapeño and dice the bacon. 0:49
2. Cook the bacon in a large pot over medium-high heat, stirring now and then, until golden brown. 2:30
3. Add the onion and garlic and cook until soft and fragrant, then add the peppers and jalapeño and cook until they start to soften. 2:53
4. Add the beef, breaking it up and working it into the vegetables, and cook until browned all the way through. 3:21
5. Stir in the bone broth, tomato sauce, diced tomatoes with green chillies and tomato paste. 3:48
6. Add the hot sauce, chili powder, cumin, garlic powder, oregano and a pinch of black pepper and mix well. 4:18
7. Bring to the boil over medium-high heat, cover, turn the heat to low and simmer 15–20 minutes until thickened. Serve topped with sour cream, cheddar and chives. 4:42

> **Tip** Makes about 2.4 L. Keeps 4 days in the fridge or 6 months frozen. Slow cooker: brown and drain the bacon and beef, add everything else and cook 3–4 hours on high.

The method is a summary in our words — the video shows every step.

One portion (1 cup) gives you

1 OF 10 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
348 kcal	26 g	14 g	3.6 g	21 g	530 mg
1,460 kJ	52% of a day	10 g net · 7.8 g sugars	13% of a day	9.1 g saturated	23% of a day
		5% of a day		28% of a day	

Energy from net carbs 12% · protein 31% · fat 57% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin B12 85% · Vitamin C 49% · Zinc 48% · Selenium 38% · Vitamin B6 34% · Vitamin E 23% · Iron 22%

Source of (10–19%) Potassium 18% · Vitamin A 17% · Vitamin K 14% · Magnesium 12% · Calcium 11%

Recipe and video: Joe Duff - The Diet Chef (@TheDietChef) on YouTube — youtube.com/watch?v=686A7arZ46U, published 24 February 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/low-carb-no-bean-beef-chili