

Recipe Title: Keto Ground Beef Tikka Masala

Ingredients:

- 1 lb ground beef
- 1 cup tikka masala sauce (low-carb/keto-friendly)
- 1/2 cup heavy cream
- 2 tbsp ghee (or butter)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tsp cumin
- 1 tsp turmeric
- 1/2 tsp garam masala
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. **Heat ghee in a pan** over medium heat.
2. **Add chopped onion, garlic, and ginger**, sauté until softened and fragrant (about 5 minutes).
3. **Add ground beef to the pan** and cook until browned, breaking it apart as it cooks (about 7-10 minutes).
4. **Stir in cumin, turmeric, garam masala, salt, and pepper** until the beef is well coated with spices.
5. **Pour in the tikka masala sauce and heavy cream**, mixing well to combine.
6. **Simmer the mixture** for another 10-15 minutes on low heat until the sauce thickens and the flavors meld together.
7. **Garnish with fresh cilantro** before serving.

Time to Prepare: 25-30 minutes

Calories per serving (1 serving, approx. 2 servings total): 450 calories

Nutritional Facts (per serving):

- Fat: 35g
 - Protein: 25g
 - Carbohydrates: 6g
 - Fiber: 1g
 - Net Carbs: 5g
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Recipe Title: Keto Tikka Masala Zoodles

Ingredients:

- 2 medium zucchini (for zoodles)
- 1 lb ground beef
- 1 cup tikka masala sauce (low-carb/keto-friendly)
- 1/2 cup heavy cream
- 2 tbsp ghee (or butter)
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 tbsp ginger, minced
- 1 tsp cumin
- 1 tsp turmeric
- 1/2 tsp garam masala
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions:

1. **Spiralize zucchini** into zoodles and set aside.
2. **Heat ghee in a pan** over medium heat.
3. **Add chopped onion, garlic, and ginger**, sauté until softened and fragrant (about 5 minutes).
4. **Add ground beef to the pan** and cook until browned, breaking it apart as it cooks (about 7-10 minutes).
5. **Stir in cumin, turmeric, garam masala, salt, and pepper** until the beef is well coated with spices.
6. **Pour in the tikka masala sauce and heavy cream**, mixing well to combine.
7. **Simmer the mixture** for another 10-15 minutes on low heat until the sauce thickens and the flavors meld together.
8. **In a separate pan, lightly sauté zoodles** in a bit of ghee or olive oil for 2-3 minutes until slightly softened.
9. **Serve the beef tikka masala over the zoodles** and garnish with fresh cilantro.

Time to Prepare: 30-35 minutes

Calories per serving (1 serving, approx. 2 servings total): 400 calories

Nutritional Facts (per serving):

- Fat: 30g
- Protein: 22g
- Carbohydrates: 7g
- Fiber: 2g
- Net Carbs: 5g