

LOW CARB KETO CHILI RECIPE (CROCK POT OR INSTANT POT)

An EASY low carb keto chili recipe without beans, made in a Crock Pot slow cooker or Instant Pot pressure cooker, using common ingredients & 15-min prep time.

Prep Time 15 minutes
Cook Time 8 hours
Total Time 8 hours 15 minutes

Servings 10 cups
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INGREDIENTS

- 2 1/2 lb Ground beef
- 1/2 large Onion (chopped)
- 8 cloves Garlic (minced)
- 2 15-oz can Diced tomatoes (with liquid)
- 1 6-oz can Tomato paste
- 1 4-oz can Green chiles (with liquid)
- 2 tbsp Worcestershire sauce
- 1/4 cup Chili powder
- 2 tbsp Cumin
- 1 tbsp Dried oregano
- 2 tsp Sea salt
- 1 tsp Black pepper
- 1 medium Bay leaf (optional)

INSTRUCTIONS

CROCK POT SLOW COOKER INSTRUCTIONS

1. In a skillet over medium-high heat, cook the chopped onion for 5-7 minutes, until translucent (or increase the time to about 20 minutes if you like them caramelized). Add the garlic and cook for a minute or less, until fragrant.
2. Add the ground beef. Cook for 8-10 minutes, breaking apart with a spatula, until browned.
3. Transfer the ground beef mixture into a slow cooker. Add remaining ingredients, except bay leaf, and stir until combined. Place the bay leaf into the middle, if using.
4. Cook for 6-8 hours on low or 3-4 hours on high. If you used a bay leaf, remove it before serving.

INSTANT POT PRESSURE COOKER INSTRUCTIONS

1. Select the "Sauté" setting on the pressure cooker (this part is done without the lid). Add the chopped onion and cook for 5-7 minutes, until translucent (or increase the time to about 20 minutes if you like them caramelized). Add the garlic and cook for a minute or less, until fragrant.
2. Add the ground beef. Cook for 8-10 minutes, breaking apart with a spatula, until browned.
3. Add remaining ingredients, except bay leaf, to the Instant Pot and stir until combined. (For the Instant Pot version, it is recommended to also add a cup of water or broth.) Place the bay leaf into the middle, if using.

EASY HEALTHY & KETO RECIPES

WHOLESOME
10 INGREDIENTS OR LESS
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4. Close the lid. Press "Keep Warm/Cancel" to stop the saute cycle. Select the "Meat/Stew" setting (35 minutes) to start pressure cooking.
5. Wait for the natural release if you can, or turn the valve to "vent" for quick release if you're short on time. If you used a bay leaf, remove it before serving.

RECIPE NOTES

Serving size: 1 cup

Recipe from the [Easy Keto Cookbook](#).

This is a very chunky keto chili, which I think is a good thing. If you prefer yours thinner, you can add a little water (or broth!) prior to cooking to thin it out as desired. This may also reduce calories and carbs per serving, depending on how much you add.

Video Showing How To Make Keto Low Carb Chili:

NUTRITION INFORMATION PER SERVING

Calories: 306 | Fat: 18g | Total Carbs: 13g | Net Carbs: 10g | Fiber: 3g | Sugar: 5g | Protein: 23g

Nutrition facts are provided as a courtesy, sourced from the USDA Food Database. Net carb count excludes fiber, erythritol, and allulose, because these do not affect blood sugar in most people. We try to be accurate, but feel free to make your own calculations.

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