

LOW CARB BREAKFAST CHILI

Calories Per Cup: 276

Fat: 11g

Carbohydrates: 6g net

Protein: 31g

Servings: 2



Ingredients

- 12 Breakfast Sausage Patties
- 1 cup salsa
- 1/4 cup water
- 1 tablespoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon chili powder

Optional Garnishes:

- Shredded cheese
- Chopped scallions
- Pico de gallo
- Chopped cilantro
- Avocado
- Sour cream
- Fried egg

Instructions

- Thaw and finely chop sausage patties. Add chopped sausage, salsa, water and spices to medium saucepan.
- Cook over medium heat for 10 minutes. Serve hot and garnish as desired. Use as filling for breakfast burrito, to top tostada shells, or over tortilla chips for breakfast nachos.