

# Keto Beef Chili

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Prep Time : 20 minutes

Cook Time : 4 hours on high or 8 hours on low

Total Time : 4-8 hours 20 minutes

## Ingredients:

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

## Instructions:

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 ground beef. Cook for 8-10 minutes, breaking apart with a wooden spoon or spatula, until browned.

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 top of the mixture. Cook for 6-8 hours on low or 3-4 hours on high.

Don't forget to fish out the bay leaf before serving.