Hearty Keto Steak Chili

**Servings: 6 Prep Time: 20 mins Cook Time: 1 hour 20 mins**

2 lbs. Ribeye Steak or any meat of your choosing, cut into strips

1 medium Yellow Onion, chopped

1/2 Red Bell Pepper

1/2 Green Bell Pepper

1/4 cup Lupin Flour

5 cup Beef Stock

1/2 cup Water

6 oz can Tomato Paste

1 tbsp Cumin

2 tbsp Chili Powder

1/2 tsp Cayenne Pepper

3 tbsp Brown Swerve

1 tbsp Olive Oil

2 tbsp Organic Unsweetened Cocoa Powder

10 oz can Rotel Diced Tomatoes and Green Chilies, no salt added

3 cans Eden Black Soybeans (optional)

Begin by adding lupin flour to a small bowl then pour in the water, mixing until well combined creating a slurry. Set aside.

In a large Dutch oven or pot, heat up olive oil. Add your steak to the hot oil and brown, about 5-7 minutes. Season with salt and pepper. Next add the onion, red and green bell pepper then cook about 4-5 minutes.

Now add in your spices: cumin, chili powder, and cayenne pepper. Mix in the tomato paste and stir until well incorporated. Slowly pour in the beef stock and stir. Add in the cocoa powder and give another stir. Lastly put in the brown swerve, Rotel, lupin slurry, and black soybeans (if using). Stir well. Let the chili come to a boil, then reduce the heat to medium-low and cover. Allow to simmer for 1 hour before serving.

**Nutritional Facts for 1 bowl of Steak Chili:** 645.4 Calories, 10.0g Net Carbs, 39.5g Fat, 52.1g Protein.