



# Low Carb Ground Beef Recipes

From Linda's Low Carb Recipes & Menus - <https://www.genaw.com/lowcarb/>

- Atkins Meatloaf
- Bacon Beef Rolls
- Baked Meatballs
- Enchilada Bake
- Green Enchilada Bake
- Hamburger Cabbage Stir-Fry
- Italian Meatball Burgers
- Korean Meatballs
- Lasagna with Ham "Pasta"
- Mexican Stuffed Peppers
- My Favorite Sloppy Joes
- Nacho Taco
- Sloppy Joe Stuffed Peppers
- Spinach Lasagna
- Stuffed Poblano Chiles

*Please refer to my website for the nutritional counts for these recipes.*

## ATKINS MEATLOAF

2 pounds ground beef  
8 ounces cheddar cheese, shredded  
1/3 cup low carb ketchup or BBQ sauce  
2 eggs  
2 cloves garlic, minced  
1 tablespoon Worcestershire sauce  
1 tablespoon chili powder  
1 teaspoon salt, or to taste  
1/2 teaspoon pepper, or to taste

### Topping:

1/4 cup low carb ketchup  
1/4 teaspoon blackstrap molasses  
Sweetener equal to 1 1/2 teaspoons sugar

In a large bowl thoroughly mix everything except the Topping ingredients. Mix the topping ingredients in a small bowl. Pat the meat mixture into a loaf shape in a foil lined 9x13" baking pan. Spread the topping over the top and sides of the loaf. Bake at 375° 45 to 60 minutes or until the internal temperature reads 140-145°.

Makes 6-8 servings



## BACON BEEF ROLLS

2 pounds ground beef  
2 eggs, beaten  
1/4 cup low carb ketchup  
2 tablespoons Worcestershire sauce  
4 ounces cheddar cheese, shredded  
1/4 cup onion, chopped fine  
2 tablespoons parmesan cheese  
1 teaspoon salt  
1/4 teaspoon pepper  
12 strips bacon



Combine everything except the bacon in a large bowl. Mix well then shape in two 6-inch long log shapes. On a large sheet of wax paper, lay 6 slices of the bacon side by side. Set one of the beef rolls crosswise at one end of the row of bacon strips; roll up, wrapping the meat with the bacon. Very carefully place the first roll in a 9x13" baking pan lined with heavy foil with the ends of the bacon under the meat roll. I recommend lifting it with a wide spatula so that it doesn't break. Repeat with the remaining bacon and meat roll. Bake at 375° 45-50 minutes or until the center of each roll reaches 160°. If the bacon doesn't look browned enough on top, put the beef rolls under the broiler for a minute or two.

Makes 8 servings



## BAKED MEATBALLS

1 pound ground beef  
1 pound bulk Italian sausage  
2 teaspoons dry minced onion  
1/2 teaspoon garlic powder  
1/2 cup parmesan cheese (2 ounces)  
2 eggs  
1/2 teaspoon salt  
1/4 teaspoon pepper

Mix all of the ingredients in a large bowl. Mix until the meat no longer feels slippery from the eggs. Shape in golf ball size meatballs and place on a large foil-lined baking sheet with sides. Bake at 375° for 15-20 minutes until the meatballs are cooked all the way through. If necessary, rinse them in a colander to remove any egg and cheese that has leaked out.

Makes about 20-30 meatballs



## **ENCHILADA BAKE**

**Crust:**

- 4 ounces cream cheese, softened
- 2 eggs
- 1/2 teaspoon taco seasoning
- 8 ounces cheddar cheese, shredded

In a large bowl, whisk the cream cheese and eggs until smooth. Add the taco seasoning and mix well. Stir in the cheese; mix well. Line a 9x13" baking dish with parchment paper; spread the cheese mixture evenly over the bottom. Bake at 350°, 35 minutes or until lightly browned and set. Let stand 5-10 minutes before adding the topping.

**Topping:**

- 1 pound ground beef
- 1 small onion, chopped
- 1-2 tablespoons taco seasoning
- 1 cup red enchilada sauce
- 8 ounces pepper-jack cheese, shredded

Brown the hamburger with the onion; drain the fat. Stir in the seasoning and enchilada sauce. Spread over the crust. Top with the cheese. Bake another 20 minutes or so until hot and bubbly.

Makes 8 servings



## **GREEN ENCHILADA BAKE**

**Crust:**

4 ounces cream cheese, softened  
3 eggs  
1/3 cup heavy cream  
1/2 teaspoon taco seasoning  
8 ounces cheddar cheese, shredded

In a large bowl, whisk the cream cheese and eggs until smooth. Add the cream and seasoning; mix well. Stir in cheese; mix well. Spread the cheese mixture evenly over the bottom of a parchment-lined 9x13" baking dish. Bake at 350° for 25-30 minutes. Let stand 5 minutes before adding the topping.

**Topping:**

1 pound ground beef  
3 teaspoons taco seasoning  
10 ounce jar green enchilada sauce  
4 ounce can chopped green chiles  
8 ounces pepper-jack cheese, shredded

Brown the hamburger; drain the fat. Stir in the seasoning, enchilada sauce and chiles. Spread over the crust. Top with the cheese. Bake another 20 minutes or so until hot and bubbly.

Makes 8-12 servings



## HAMBURGER CABBAGE STIR-FRY

1 pound ground beef  
2 cloves garlic, minced  
1 pound cabbage, coarsely shredded  
8 ounces fresh mushrooms, sliced  
2 tablespoons soy sauce  
1 tablespoon sesame oil  
Pinch ginger, optional  
Pinch cayenne, optional  
Salt and pepper, to taste  
Sweetener equal to 2 teaspoons sugar, optional  
1 bunch green onions, cut on the bias

In a very large skillet or wok, brown the ground beef with the garlic and a little salt and pepper. Drain the fat if you like or just leave it in. Add the cabbage and mushrooms and stir-fry until the cabbage is tender-crisp. Add the remaining ingredients and heat through. Adjust the seasoning to your taste.

Makes 6 servings



## ITALIAN MEATBALL BURGERS

1 pound ground beef  
1 pound bulk Italian sausage  
2 teaspoons dry minced onion  
1/2 teaspoon garlic powder  
1/2 cup parmesan cheese (2 ounces)  
2 eggs  
1/2 teaspoon salt  
1/4 teaspoon pepper

1 cup marinara sauce, heated  
6 tablespoons parmesan cheese (1 1/2 ounces)

Mix the first 8 ingredients in a large bowl. Shape in 6 patties and place them on a foil-lined baking sheet. Broil about 5-6 minutes per side or until done to your liking. Serve topped with the marinara sauce and a tablespoon of parmesan cheese per burger.

Makes 6 servings



## KOREAN MEATBALLS

2 pounds ground chuck

1/3 cup onion, minced

2 eggs

1 teaspoon salt

1/4 teaspoon pepper

3 cloves garlic, minced

Sauce (see recipe below)

Xanthan gum, optional



Mix all of the ingredients except for the sauce and xanthan gum well. Shape in balls about 1.5-inch diameter and place on a foil-lined rimmed baking sheet. Bake at 425° for about 15 minutes, until the meatballs are cooked through, but still tender. Rinse in a colander to remove any egg that has leaked out. Add to the marinade in a large pot. Cover and simmer 1-2 hours, stirring occasionally.

To thicken the sauce, turn off the heat and remove the meatballs with a slotted spoon to a serving bowl. Lightly dust the surface of the sauce with xanthan gum while briskly whisking it in. Continue adding xanthan gum and whisking until sauce is thickened to your liking. Pour the sauce over the meatballs and serve.

Makes about 40 meatballs

Sauce:

1/2 cup plus 2 tablespoons soy sauce

1/2 cup plus 2 tablespoons water

Sweetener equal to 1/2 cup sugar

1/2 teaspoon pepper

1 tablespoon garlic, minced

2 tablespoons sesame oil

1/8 teaspoon orange extract, optional

4 green onions, chopped

Mix all of the ingredients in a large pot.

## LASAGNA WITH HAM "PASTA"

1 pound ground beef  
1 clove garlic, minced  
2 cups marinara Sauce  
15 ounces ricotta cheese  
1 egg  
Salt and pepper, to taste  
Garlic powder, to taste  
8 ounces ham slices \*  
8 ounces mozzarella cheese, shredded  
1/4 cup parmesan cheese

Brown the ground beef along with the garlic; season with salt and pepper. Drain the fat and stir in 1 cup of the marinara sauce reserving 1 cup of plain sauce. In a small bowl, blend the ricotta cheese and the egg; season with a little salt, pepper and garlic powder. (*continued on the next page...*)



Grease an 9x13" baking dish; spread a small amount of the plain sauce over the bottom of the pan. Layer the ingredients in this order:

1. Single layer of 4 ham slices
2. Half of the meat mixture
3. All of the ricotta mixture
4. Half of the mozzarella
5. Single layer of 4 ham slices
6. Remaining meat mixture
7. Remaining mozzarella
8. 1 cup plain sauce
9. 1/4 cup parmesan cheese

Bake at 350° 30-40 minutes until hot and bubbly. Let stand 10 minutes before serving.

Makes 8 servings

\* I used 8 slices from a 10 ounce package of cooked (not smoked) ham slices. There were 10 slices in the package and I used 4 per layer which perfectly fit in the bottom of my baking pan.

## MEXICAN STUFFED PEPPERS

1 1/2 pounds ground beef  
1 small onion, chopped  
1 clove garlic, minced  
8 ounce can tomato sauce  
2 tablespoons taco seasoning  
Salt and pepper, to taste  
8 ounces cheddar cheese, shredded (divided)  
3 large green bell peppers, halved lengthwise and seeded

Brown the ground beef, onion and garlic in a large skillet; drain the fat. Stir in the tomato sauce and taco seasoning. Simmer about 10 minutes.

Meanwhile, parboil the pepper halves in salted boiling water for 3 minutes; drain. Place the peppers in a baking dish. Stir half of the cheese into the hamburger mixture; fill the peppers with the meat. Top with the remaining cheese. Bake at 350° 15-20 minutes until hot and bubbly and the peppers are tender.

Makes 3-6 servings



## MY FAVORITE SLOPPY JOES

1 pound ground chuck  
1 small onion, chopped  
1 clove garlic, minced  
8 ounce can tomato sauce  
Sweetener equal to 1/4 cup sugar  
1/2 teaspoon blackstrap molasses, optional  
2 tablespoons vinegar  
1 teaspoon mustard  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1/4 teaspoon pepper

Brown the ground chuck along with the onion and garlic; drain the fat. Add the remaining ingredients. Cover and simmer 30 minutes. Serve on low carb buns or over chopped iceberg lettuce.

Makes 4-6 servings



## NACHO TACO

1 pound ground beef  
2 tablespoons taco seasoning  
1 small onion, chopped  
6 tablespoons chunky salsa  
1 Roma tomato, chopped  
6 slices Deluxe American cheese, torn in pieces  
Toppings of your choice

Brown the ground beef with the onion; drain the fat. Stir in the taco seasoning. Add the salsa, chopped tomatoes and cut up American cheese slices. Simmer, stirring occasionally, until the cheese has melted. Stir well to blend everything. Serve with your choice of toppings.

Makes about 4 servings



## SLOPPY JOE STUFFED PEPPERS

1 pound ground beef  
1 small onion, chopped  
1 clove garlic, minced  
8 ounce can tomato sauce  
Sweetener equal to 1/4 cup sugar  
1/2 teaspoon blackstrap molasses, optional  
2 tablespoons vinegar  
1 teaspoon mustard  
1 tablespoon Worcestershire sauce  
1 teaspoon salt  
1/4 teaspoon pepper

8 ounces cheddar cheese, shredded  
3 green peppers, halved lengthwise

Brown the ground beef, onion and garlic; drain the fat. Stir in all of the remaining ingredients except the cheese and green peppers. Simmer 30 minutes. Meanwhile, parboil the peppers in a little boiling water 3 minutes; drain. Place the peppers in a baking dish. Stir half of the cheese into the hamburger mixture; fill the peppers with the meat. Top with the remaining cheese. Bake at 350° 15-20 minutes until hot and bubbly and the peppers are tender.

Makes 3-6 servings



## SPINACH LASAGNA

1 pound ground beef  
2 tablespoons onion, chopped  
1/8 teaspoon garlic powder  
1/2 cup spaghetti sauce  
8 ounces cream cheese  
1 egg  
1/8 teaspoon pepper  
10 ounces frozen chopped spinach, thawed and drained  
4 ounces mozzarella cheese, shredded  
2 tablespoons parmesan cheese

Brown the hamburger with the onion; drain off the fat. Mix in the garlic powder and spaghetti sauce; season to taste and heat until bubbly.

Meanwhile, soften the cream cheese in a medium-size microwaveable bowl for about 40-60 seconds. Stir until creamy; beat in the egg and pepper with a spoon until well mixed. Blend in the spinach.

Spread half of the meat mixture evenly in the bottom of a greased, 8 x 8" glass baking pan. Spread the spinach mixture over the meat; top with the mozzarella then the rest of the meat. It will not completely cover the top. Sprinkle with the parmesan cheese. Bake at 350° about 30 minutes until hot and bubbly. Let stand 5 minutes before serving.

Makes 6-9 servings



## STUFFED POBLANO CHILES

3 poblano chiles, roasted and peeled  
1 pound ground beef or ground turkey  
1 small onion, chopped  
1 clove garlic, minced  
1/2 cup salsa  
1 Roma tomato, diced  
1 tablespoon chili powder  
Salt and pepper, to taste  
8 ounces cheddar cheese, shredded

Very carefully cut around the stem end of each chile. Pull out the stem and the seeds with your fingers. Alternately, you can cut a lengthwise slit, open them flat and scrape out the seeds and membranes.

Brown the ground beef or turkey, onion and garlic; drain off any grease. Stir in the salsa, tomato, chili powder and about half of the cheese. Season with salt and pepper, to taste.

Fill the chiles with the meat mixture. If you have split them open, fill them and roll them up around the filling. Place cut side down in a baking dish; top with the remaining cheese. Bake at 350° 15-20 minutes until the cheese is melted and bubbly.

Makes 3 servings

