

# Bacon Beef Cabbage Pie

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Makes 6 servings

## PER SERVING:

464 Calories

8.72 Carb Grams

1.47 Fiber Grams

7.25 Net Carbs

40.97 Fat Grams

17.08 Grams Protein

## INGREDIENTS

4 strips bacon, finely chopped

1 pound ground beef

1 medium celery stalk, diced finely

2 tbsp minced shallot

4 cups coarsely chopped green cabbage

1/2 cup water

1 tsp garlic powder

1 cup chicken broth

3/4 cup heavy cream (35%)

8oz old cheddar, shredded

2 extra large eggs

1 whole roasted red bell pepper, finely diced and blotted.

## **DIRECTIONS**

Pre-heat oven to 350F.

In a large non-stick fry pan, cook the bacon until crispy. Move bacon to paper towel to drain. Reserve two tablespoons of bacon grease.

Add the ground beef to the bacon grease, breaking up any large clumps. Stir in the celery and shallot and brown the meat evenly, stirring from time to time.

Add the cabbage and 1/2 cup of water. Cook uncovered until the cabbage wilts and all the water has evaporated.

Add the cream and the broth. Add the garlic powder. Increase heat to high and boil until the liquid has reduced by about half.

Remove from the heat and let cool for about 15 minutes.

Add the cheese a little at a time, stirring well to evenly distribute it.

Add the beaten eggs next, again stirring well.

At this point feel free to add salt and pepper to your taste.

Top evenly with roasted bell peppers and crispy bacon.

Place on middle rack in oven for 25 minutes. Increase heat to 375F for another 15 minutes until nicely browned on top and around the edges.

Cut into 6 even wedges and serve.

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