



Low Carb Beef Recipes

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

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

EASY CORNED BEEF & CABBAGE

4 pieces bacon, coarsely chopped
4 tablespoons butter
1 small cabbage, coarsely chopped
1/3 cup water
Salt and pepper, to taste
12 ounce can corned beef, broken into chunks

In a large skillet with a lid, cook the bacon until almost crisp. Remove the bacon but keep the fat in the skillet. Add the butter to the fat and heat over medium heat. Add the cabbage and stir to coat it with fat. Add 1/3 cup water and salt and pepper, going easy on the salt. Cover and cook 10-15 minutes, until the cabbage is tender. Add the corned beef and bacon. Cook, uncovered, until everything is hot and some of the liquid has evaporated. Adjust the seasonings to taste.

Makes 4-6 servings



LAREDO BARBECUED POT ROAST

3 pound boneless chuck roast
1 small onion, coarsely chopped
1 clove garlic, chopped
8 ounce can tomato sauce
Sweetener equal to 1/4 cup sugar
2 tablespoons vinegar
1 teaspoon yellow mustard
1 tablespoon Worcestershire sauce
1 teaspoon liquid smoke, optional
2 teaspoon salt
1/4 teaspoon pepper

Brown the roast in hot oil in a large skillet; place in a slow cooker. Sauté the onion and garlic in the pan drippings; add to the slow cooker. In a small bowl, mix the remaining ingredients; pour over the roast. Cook on LOW 6 hours.

Makes about 8 servings



PASTRAMI OR CORNED BEEF SANDWICH

- 1 Flax Sandwich Bun, split *
- 1 ounce Swiss cheese, sliced
- 1 ounce pastrami, sliced thin
- 1 small scoop My Favorite Coleslaw *

Top the bottom half of the bun with Swiss cheese then the pastrami or corned beef and a scoop of coleslaw.

Makes 1 serving

* You can find these recipes on my website or in my "Low Carb Bread Recipes" and "Low Carb Salad Recipes" eBooklets.



POT ROAST WITH MUSHROOM TOMATO SAUCE

3 pound boneless chuck roast
Salt and pepper, to taste
1/2 teaspoon onion powder
1 medium onion, sliced thin
4 ounce can mushrooms
8 ounce can tomato sauce

Brown the meat on both sides in hot oil; place in a 9x13" baking pan that has been lined with heavy duty foil. Season with salt, pepper and onion powder. Top with the onions, mushrooms and tomato sauce. Cover with foil and bake at 325° about 4 hours until tender.

Makes about 6-8 servings



ROULADEN-FLAVORED POT ROAST

3 1/4 pound boneless chuck roast
2 tablespoons Dijon mustard
Salt and pepper
Onion Soup Mix
1 large onion, thickly sliced in rings
3 slices bacon, coarsely chopped
3/4 cup water
1/4 cup dry white wine
1 teaspoon beef bouillon granules
1 pound carrots, optional



Onion Soup Mix:

1 tablespoon regular or toasted dried onion
1/2 teaspoon regular or toasted onion powder
1/2 teaspoon beef bouillon granules
1/4 teaspoon salt

Line a 9x13" baking pan with heavy duty foil. Place the roast in the pan and rub half of the mustard over the top of the roast. Season with salt, pepper and half of the onion soup mix. Turn the roast over and do the same thing with the other side. Scatter the onion rings over the top then scatter the pieces of bacon over the onions.

In a measuring cup, heat the water until boiling. Add the wine and bouillon; stir until the bouillon has dissolved. Pour this mixture around the meat. Peel the carrots, if using, and cut them into large chunks. Arrange around the roast and season lightly with salt and pepper.

Cover tightly with foil and roast at 325° for 3-4 hours. Remove the foil and roast another 30-60 minutes to brown the onions and bacon.

Makes about 6 servings

SPICY PEPPER BEEF

Marinade:

6 tablespoons soy sauce

1/4 teaspoon pepper

2 pounds top sirloin steak, sliced thinly across the grain

3 tablespoons oil, divided

1 teaspoon fresh ginger, grated

1 teaspoon crushed red pepper

2 green bell peppers, julienned

1 red bell pepper, julienned

1 medium onion, sliced thin

Sweetener equal to 1 teaspoon sugar

1/4 teaspoon salt

1/2 teaspoon pepper

1 tablespoon sesame oil

1/2 teaspoon xanthan gum, optional

Put the sliced beef in a zipper bag and add the marinade. Marinate in the refrigerator at least 30 minutes or up to 1 hour.

Heat 2 tablespoons of the oil in a wok over medium-high heat. Add the ginger and crushed red pepper. Cook and stir 5 seconds. Add the beef and marinade. Stir-fry just until the meat is no longer pink, about 1-2 minutes. Remove the beef and keep warm. Add the peppers and onions to the pan with the remaining tablespoon of oil. Cook until tender-crisp, 1-2 minutes. Return the beef to the pan; stir in the sweetener, salt, pepper and sesame oil.

If you would like to thicken the sauce, push the meat and peppers to one side of the pan. Sprinkle the xanthan gum over the meat. Quickly stir it in and toss everything together. The sauce should thicken by serving time without further cooking.

Makes about 6 servings



THAI-STYLE BEEF CURRY

2 tablespoons oil
3 tablespoons Thai red curry paste (about half of a 4 ounce jar)
1 can coconut milk
2 1/2 pounds chuck roast, cut in 1" cubes
Salt, to taste
1/4-1/2 teaspoon xanthan gum, optional
2 tablespoons cilantro, chopped

Heat the oil in a Dutch oven over low heat. Add the curry paste. Cook and stir 5 minutes; add the coconut milk. Cook 3 minutes longer. Add the beef cubes; bring to a boil. Cover and simmer on low heat 2 1/2 hours, stirring occasionally. Cook until the beef is very tender. Don't add any salt at this point because the sauce will be reduced later and may end up too salty.

With a slotted spoon, remove the chunks of meat to a serving bowl. Skim the grease off of the liquid in the pot. Bring back to a simmer. Cook, uncovered, another 30 minutes to thicken the sauce. If the sauce isn't as thick as you'd like it, add the xanthan gum. Adjust the seasoning with salt and stir in the cilantro.

Makes 4-6 servings



TYLER'S BEEF STROGANOFF

3 cups beef broth
1 small carrot, chopped
1 bay leaf
3 tablespoons butter
1 pound fresh mushrooms, sliced
2 pound chuck roast, cut into 1" cubes
Salt and pepper
3 tablespoons oil
1 medium onion, chopped
3 cloves garlic, minced
2 tablespoons dry white wine
2 tablespoons sour cream
1 tablespoon Dijon mustard
2 tablespoons fresh parsley, chopped



In a medium pot, bring the broth, carrot and bay leaf to a boil. Remove from the heat and let stand until needed. Meanwhile, melt the butter over medium heat in a large Dutch oven. This will be the same pot that you will cook the meat in later. Sauté the mushrooms until tender and somewhat browned; remove from the pot to a small bowl until needed.

Pat the meat cubes dry and season well with salt and pepper. Heat 3 tablespoons of oil in the Dutch oven over medium-high heat; brown the meat in two batches so that it is always in a single layer on the bottom of the pot. Return all of the meat to the pot; add the onions and garlic; cook until the onion is soft, about 10 minutes. Add the wine and strain the beef broth into the pot; discarding the carrot and bayleaf. Simmer, partially covered, 1 1/2-2 hours or until the meat is very tender.

When the meat is done, add the mushrooms, sour cream, mustard and parsley. Adjust the seasonings to taste.

Makes 6 servings