



# Low Carb Pork 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.*

## ASIAN PORK & CABBAGE SKILLET DINNER

1 pound ground pork \*  
1 small onion, slivered  
1 clove garlic, minced  
1/4 teaspoon xanthan gum, optional  
1/4 cup soy sauce  
1 tablespoon oyster sauce  
Sweetener equal to 1 teaspoon sugar  
Pinch crushed red pepper  
16 ounce bag shredded cabbage with carrots  
Salt and pepper, to taste

In a very large skillet or wok, brown the meat with the onion and garlic; drain any excess grease. Sprinkle the xanthan gum over the meat and mix in well. Add the remaining ingredients. Cover and simmer over medium-low heat until the cabbage is tender, about 10 minutes, stirring occasionally. Adjust the seasoning with salt and pepper, if needed.

Makes 4-6 servings

\* Ground turkey, chicken or beef would work just as well as pork



## BACON-WRAPPED HOT DOG

Per serving:

1 hot dog

Cheddar cheese

1 slice thin bacon

Split the hot dog in half lengthwise but not all the way through. Open up flat. Cut the cheese into 2 or 3 little sticks and insert into the slits as shown in the photo below. Take a strip of bacon and wrap it around the hot dog from one end to the other. Adjust the bacon so that it is evenly distributed along the length of the hot dog. Place on a foil-lined baking sheet and broil on the top oven rack until the bacon is crisp. Watch closely after the first couple of minutes so that the hot dog doesn't burn.



## CHEESY HAM AND GREEN BEAN CASSEROLE

1 small onion, sliced thin  
1/4 cup celery, finely diced  
2 tablespoons butter  
2 14-ounce cans French-cut green beans, drained well  
4 ounce can mushrooms, drained well  
12 ounces ham, diced  
1/4 cup mayonnaise  
1/4 teaspoon salt  
1/2 teaspoon pepper  
1/8 teaspoon garlic powder  
8 ounces pepper-jack, cheddar or Swiss cheese, shredded

Sauté the onion and celery in butter until very tender and a little browned. In a 2-quart greased casserole, mix the green beans, mushrooms, ham, mayonnaise and seasonings. Stir in the onion mixture then the cheese. Bake, uncovered, at 350° 30 minutes, or until browned and bubbly.

Makes about 6 servings



## CREAMY HAM AND "POTATO" CASSEROLE

2 pounds frozen cauliflower  
8 ounces cream cheese  
1/4 cup sour cream  
1 bunch green onions, chopped  
1/4 teaspoon salt  
1/4 teaspoon pepper  
8 ounces sharp cheddar cheese, shredded  
12 ounces ham, diced

Cook the cauliflower until very tender; drain well. Put in a greased 2 1/2 or 3 quart casserole.

Blend the cream cheese into the cauliflower then stir in the sour cream, green onion, salt, pepper, cheese and ham. Mix well. Adjust the seasoning if necessary. Bake at 350° for 30 minutes or until lightly browned and bubbly.

Makes 8 servings



## DELICIOUS APPLE GLAZED PORK CHOPS

6 pork chops  
Salt and pepper, to taste  
2 tablespoons oil  
Salt and pepper, to taste  
1/2 cup cider vinegar  
1/2 cup water  
Sweetener equal to 3/4 cup sugar  
1 teaspoon soy sauce  
1 small onion, sliced thin  
1/2 teaspoon xanthan gum

Season the pork chops with salt and pepper. Brown them on both sides in hot oil in a large nonstick skillet with a lid. Mix the vinegar, water, sweetener and soy sauce; pour over the chops. Scatter the onions on top.

Cover and simmer, turning the chops occasionally, for 45 minutes. Remove the pork chops from the pan and keep warm. Lightly sprinkle the xanthan gum over the pan juices and quickly whisk in. Simmer until thickened and serve the sauce over the chops.



## EASY JAMBALAYA

1 medium cauliflower, grated  
1 green pepper, coarsely chopped  
2 stalks celery, coarsely chopped  
1 small onion, diced  
2 cloves garlic, minced  
2-3 boneless chicken breasts, cubed  
8 ounces smoked sausage, sliced  
8 ounces ham, cubed  
14.5 ounce can diced tomatoes, undrained  
8 ounce can tomato sauce  
3 teaspoons Cajun Seasoning  
Salt and pepper, to taste  
Cooking oil

Heat about 2 tablespoons oil in an 8-quart Dutch oven. Sauté the peppers, celery, onion, garlic, chicken and Cajun seasoning, on medium-high heat, until the chicken is nearly done. Add the sausage, ham and cauliflower. Mix well. Stir in the tomatoes and tomato sauce. Bring to a boil, turn down to low. Cover and simmer about 20 minutes until the cauliflower is tender, but not mushy. Season to taste with salt and pepper.

Makes 8-12 servings



## FIESTA CABBAGE

1 pound kielbasa or smoked sausage  
2 tablespoons butter  
1 medium red onion, chopped  
1 green pepper, diced  
2 pounds cabbage, chopped (1 medium head)  
14.5 ounce can diced tomatoes, undrained  
1 teaspoon salt  
1/2 teaspoon pepper

Cut the sausage on the bias into 1/4-inch slices. In a very large nonstick skillet or Dutch oven, brown the sausage. Remove the sausage from the pan and reserve the drippings. Add 2 tablespoons butter to the skillet. Sauté the onion and green pepper in the hot drippings and butter over medium-high heat for 3 minutes. Stir in the cabbage, sausage, tomatoes, salt and pepper; cover and cook on low heat 15 minutes or until the cabbage is tender. You may want to uncover the pan during the last 5 minutes to allow some of the liquid to evaporate.

Makes 6 servings



## HAM AND MUSHROOM ALFREDO

3 tablespoons butter  
1/2 pound mushrooms, sliced  
8 ounces cream cheese, softened  
3/4 cup heavy cream  
1/2 cup freshly grated parmesan cheese  
1/2 teaspoon garlic powder  
1/2 teaspoon pepper  
1/2 teaspoon seasoning salt  
Pinch nutmeg  
2 tablespoons fresh parsley, chopped  
12 ounces ham, diced

In a very large skillet or large saucepan, sauté the mushrooms in butter until tender; remove and set aside while preparing the sauce. In the same pan, heat the cream cheese on low heat until melted. Gradually whisk in the cream until smooth. Stir in the parmesan and seasonings. Cook and stir until the parmesan has melted. Stir in the ham, mushrooms and parsley. Heat through over low heat. Serve over broccoli, cabbage, riced cauliflower or zucchini, etc..

Makes 4-6 servings



## ITALIAN SAUSAGE WITH ONIONS, PEPPERS AND CHEESE

20 ounces Italian sausage links (about 5 links)  
2 tablespoons oil  
1 large green pepper  
1 large red pepper  
1 large onion  
1 clove garlic, chopped  
1/2 cup pasta sauce  
4 ounces mozzarella cheese, shredded

Heat the oil in a large skillet on medium heat and brown the sausages. Meanwhile, cut the peppers and onion into thick slices or chunks. When the sausage is about half done, add the peppers, onions and garlic. Cook until the sausage is done and vegetables are tender-crisp. Remove and slice the sausages diagonally into bite-size pieces and return to the skillet. Stir in the pasta sauce; cover the pan and simmer 5 minutes to heat the sauce. Sprinkle with the cheese, turn off the heat and cover the pan to melt the cheese.

Makes 4-5 servings



## MEXICAN SPINACH & SAUSAGE CASSEROLE

- 1 pound bulk pork sausage
- 10 ounce package frozen chopped spinach, thawed and well-drained
- 8 ounce cream cheese, softened
- 1/3 cup sour cream
- 4 ounces cheddar cheese, shredded
- 2 teaspoons taco seasoning
- 10 ounce can Ro-tel tomatoes, drained (diced tomatoes with green chiles)
- 1/4 cup canned sliced pickled jalapeños

Brown the sausage; drain the fat. Put in a greased 2 1/2-quart casserole along with all of the remaining ingredients. Mix well and bake at 350° for about 40 minutes or until bubbly and browned on top.

Makes 6-8 servings



## PORK & MUSHROOM STIR-FRY

- 1 tablespoon oil
- 2 tablespoons butter
- 1 pound raw pork shoulder, cut into bite-size strips
- 1 large onion, slivered
- 8 ounces fresh mushrooms, sliced
- Seasonings of your choice \*

In a large skillet or wok, heat the oil and butter over medium-high heat. Add the pork and onions. Stir-fry until well browned and the pork is completely cooked. Add the mushrooms and stir-fry until tender. Season as desired.

Makes 4 servings

\* I used a combination of salt, pepper, garlic powder and onion powder.



## PORK AND BELL PEPPER STIR-FRY

3 medium green peppers

1 large onion

3 cloves garlic, minced

6-8 servings leftover roast pork loin, julienned or cubed

2 tablespoons butter

1 tablespoon oil

Salt and pepper, to taste

Cut the peppers and onion into large chunks. Heat the butter and oil in a very large skillet on medium-high. Add the peppers, onion, garlic and pork. Stir-fry until everything is nicely browned. Season to taste.

Makes 6-8 servings



## SMOKED SAUSAGE IN A BLANKET

5 ounces mozzarella cheese, shredded  
1/4 cup butter, cut up  
1/4 cup ground pork rinds (18 grams)  
2 tablespoons coconut flour (17 grams)  
1 teaspoon garlic powder  
1/4 teaspoon onion powder  
1 egg  
14 ounce package smoked sausage links with cheese \*

In a large microwaveable bowl, heat the cheese and butter 1 minute on HIGH. Stir well and cook another 30 seconds if cheese and butter haven't completely melted. With a wooden spoon, stir in the pork rinds, coconut flour, garlic powder and onion powder. Stir well until the mixture resembles bread dough. Add the egg and stir in well. If the mixture is too stiff, microwave 30 seconds until soft and pliable. (*continued on the next page...*)



Line a rimmed baking sheet with parchment paper. Place another sheet of parchment paper on your counter. With wet hands, pat and push the dough into a rough rectangle about 8x11 inches on the parchment paper that's on the counter. Cut the dough into six equal pieces with a knife or a pizza wheel. Place one of the sausage links diagonally in the center of a piece of dough. Fold the outside corners of the dough up and over the sausage and press to seal. Place on the baking sheet and repeat with the remaining sausages.

Bake at 375° for about 15-20 minutes or until the dough is golden brown. I recommend rotating the baking sheet once or twice during the baking. Best served at once.

Makes 6 servings

\* I used Johnsonville "Beddar Cheddar" smoked sausage links and there are six per package. Each sausage link has 2 carbs.



## SPICY SAUSAGE AND "RICE" CASSEROLE

15 ounces fresh cauliflower, shredded  
1 pound pork sausage  
8 ounces cream cheese, softened  
10 ounce can Ro-tel tomatoes, undrained (diced tomatoes with green chiles)  
4 ounces cheddar cheese, shredded  
Salt and pepper, to taste

In a large covered casserole, microwave the cauliflower with 2 tablespoons water about 4 minutes on HIGH. Stir and cook another 3-4 minutes until tender-crisp.

Meanwhile, in a large skillet, brown the sausage; drain the fat. Stir the softened cream cheese into the cauliflower until well blended. Stir in tomatoes. Season to taste with salt and pepper. Stir in the cheddar cheese and the sausage. Bake at 350° for 20-30 minutes until hot and bubbly.

Makes 6-8 servings

