

Keto-Paleo Zoodles with Mushroom & Meat Sauce Recipe

The Ingredients:

- **1 cup of sliced white or portobello mushrooms**
- **2 cups of sliced zucchini**
- **1 clove of garlic**
- **2 tablespoons of chopped onion**
- **2 tsps of Red Chili Pepper**
- **1 tsp of Italian Seasoning**
- **1 cup of organic tomato sauce**
- **1 oz of Grass-fed Ground Beef**
- **2 tablespoons of Olive Oil**
- **salt & pepper to season**
- **1 tablespoon of Parmesan or Mozzarella (Keto) or Dairy-free cheese of choice (Paleo)**

Instructions:

- 1.) Crush and mince garlic. Sauté garlic and onions in olive oil til browned.
- 2.) Add Grass-fed beef, red pepper, italian seasoning, salt & pepper, and cook thoroughly.
- 3.) Add tomato sauce to beef mixture, mix well and leave covered at a low-simmer til ready for dishing.
- 4.) Wash, peel and slice 1 large zucchini lengthwise, Be careful!
- 5.) Lightly wash and slice (if needed) or add sliced mushrooms.
- 6.) Sauté at medium heat mushrooms first, til browned and then add zucchini noodles til softened, this will take about 5 mins.
- 7.) Place zucchini in bowl and top with sauce and cheese.

ENJOY!

