

KETO GENERAL TSO'S CHICKEN

Servings: 6
(1.5 cup serving size)



INGREDIENTS:

2 lbs. Chicken Breasts (skinless, boneless) diced
2 TBSP Avocado Oil
2 c Chicken Bone Broth
4 oz. Plain Tomato Sauce (no sugar)
2 TBSP Tamari (gluten free soy sauce)
1 TBSP Coconut Aminos (NOT Bragg Aminos!)
2 TBSP Lakanto Golden Sweetener
1 TBSP Pyure sweetener
2 tsp Minced Garlic
½ tsp Fresh Grated Ginger
¼ tsp Xanthan Gum
½ tsp Chili Sauce (for mild. Use more for more heat)
Red Pepper flakes (to taste, for heat) optional
Green Onions, optional for garnish
Salt to taste

INSTRUCTIONS:

1. Cut chicken in to bite size pieces.
2. Heat oil in frying pan (I prefer cast iron), and add chicken. Cook until golden brown. Set chicken aside in a bowl.
3. In the same pan, combine all the ingredients (except chicken) and simmer until sauce is thickened.

4. Add chicken back to the pan and coat with sauce.
5. Serve on plain riced cauliflower (no added ingredients). Garnish with green onions.

Macros: per serving,(not including the cauliflower) may vary depending on brands used.

Calories 291, Fat 7g, Protein 50g, Net Carbs 2g

NOTES:

- For less protein, substitute regular broth for bone broth (make sure no carrot juice in ingredients).
- Change serving size to meet your particular requirements.