

September 2020

Beef Keto

## Brussels Sprouts & Hamburger Gratin

### Ingredients:

- 1 lb ground beef (organic if possible)
- ½ lb bacon, diced
- 1 lb Brussels sprouts, cut in halves
- 4 tbsp sour cream
- 2 oz. butter
- 5 oz. shredded cheese
- 1 tbsp Italian seasoning
- salt and pepper

### Instructions:

1. Set the oven to 220°C
2. Fry the bacon and Brussels sprouts in butter
3. Season and stir in sour cream
4. Place in a baking dish
5. Fry ground beef until golden-brown, season with salt & pepper, sprinkle on top of the Brussels sprouts
6. Add cheese and herbs
7. Place in the middle of the oven for 15 minutes or until done.
8. Serve with a fresh salad and maybe a dollop of mayonnaise.

### Nutritional Information:

Net carbs: 4 % (8 g)

Fiber: 4 g

Fat: 74 % (62 g)

Protein: 22 % (42 g)

Calories: 765

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#### Retail Store

Greenroots Centre  
1159 John Voster Rd  
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#### Herbology South Africa (PTY) LTD

Reg. Number 2019/340679/07

Hemp Permit #: 022/2018/2019

National Healer #: 061197

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