



KETO SOUL FOOD

**30 Quick and Easy Cocktails &
Refreshing Mocktails Recipe
for A Healthy Keto Diet!**

TRANSFORM YOUR FITNESS

KETO SOUL FOOD:

**30 LOW-CARB AUTHENTIC SOUTHERN-STYLE
RECIPES TO HELP YOU SUCCEED ON YOUR
KETO JOURNEY!**

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Introduction

Many classic soul food recipes are naturally keto-friendly, and the ones that aren't can easily be adapted to fit the keto lifestyle. We focus on flavor and incorporate familiar ingredients, spices, and cooking methods. Additionally, we incorporate soul food's Southern and rural roots by highlighting fresh seasonal produce.

The best meals for keto weight loss are foods that are rich in healthy fats. Some of our favorites are fish, meat, leafy green vegetables, and even butter—yes, butter! Many of these ingredients are the building blocks of traditional soul food cuisine, which is why the keto approach is ideal for us.

Our goal in writing this cookbook was to take traditional soul food recipes and make them keto-friendly while still staying true to the cooking techniques, flavors, and textures of many of our favorite dishes. We minimized the amount of sugar and carbohydrates and made suitable, appropriate replacements. Some switch-ups were as simple as swapping almond flour for all-purpose flour in the dredge for frying, using pork rinds instead of bread crumbs, and choosing riced cauliflower instead of pasta or grains.

Each recipe is written with detailed information about the ingredients we used and the cooking methods to make your dish tasty and keto-friendly. There are also some keto kitchen staples and kitchen equipment that we recommend you execute some of these recipes.

Throughout this book, we'll teach you how to make keto-friendly recipes using ingredients commonly found in any soul food kitchen.

Chapter 1. BREAKFAST & BRUNCH

1. Southern Drop Biscuits and Jalapeño Sausage Gravy



Preparation Time: 15 minutes

Cooking time: 20 minutes

Servings: 9 biscuits

Ingredients:

For the biscuits:

- 1½ cups almond flour
- 2½ tablespoons coconut flour
- 1 tablespoon baking powder
- 1½ teaspoons monk fruit/erythritol blend sweetener
- ½ teaspoon kosher salt
- 2 eggs, lightly beaten
- 2 tablespoons sour cream
- 5 tablespoons butter, melted

For the gravy:

- 8 ounces pork sausage
- 1 or 2 jalapeño peppers, seeded, ribbed, and finely diced

- 2 tablespoons finely diced onion
- 2 ounces cream cheese, at room temperature
- ½ cup unsweetened almond milk
- ¾ cup heavy (whipping) cream
- Kosher salt, as needed
- Freshly ground black pepper, as needed

Directions:

To Make the Biscuits:

1. Warm your oven to 425 F. Line a large sheet pan with parchment paper. Set aside.
2. Mix the almond, coconut flours, baking powder, sweetener, and salt in your medium bowl. Add the eggs plus sour cream and stir well to combine.
3. Pour in the dissolved butter and stir until fully incorporated. Drop two scoops of dough for each biscuit using a small cookie scoop.
4. Flatten the tops of the biscuits slightly until the dough is between ½ and 1 inch thick. You should get about nine medium biscuits.
5. Bake within 10 minutes or until the tops are golden brown. Serve warm with the gravy.

To Make the Gravy:

6. Cook the sausage within 5 minutes until brown in a large sauté pan or skillet over medium heat. Halfway through its cooking time, add the jalapeño and onion.
7. Continue to cook within 5 minutes more until the sausage begins to caramelize and the vegetables are tender.
8. If there are any brown bits or a brown crust on the bottom of the pan from cooking the sausage, add 3 tablespoons of water to the pan and scrape up the brown bits using a spatula.
9. Add the cream cheese and almond milk. Cook within 2 to 3 minutes, constantly stirring, until the cheese is completely melted.
10. Add the heavy cream and simmer the mixture for about 5 minutes until thickened—season with salt and pepper.

Nutrition: Calories: 352; Fat: 32g; Protein: 9g; Carbs: 4g

2. Sweetcorn & Spinach Fritters



Preparation Time: 10 minutes

Cooking time: 6 minutes

Servings: 3-4

Ingredients:

- 1 cup no-salt sweet corn, drained
- A handful of baby spinach leaf, small
- 1 small garlic clove, crushed
- 1 spring onion, chopped
- ¼ cup plain flour
- ½ tsp baking powder
- 1 egg
- 1/8 cup milk
- 1 tsp rapeseed oil for frying

Directions:

1. Process all the fixings in your food processor except oil.
2. Preheat some oil in a pan. Then scoop four spoonful of the mixture into the pan, allowing room around them—Fry for a little about a minute on every side, or until golden brown.
3. Flatten the cake with a spatula after flipping it to achieve even cooking all the way through.

4. Cook the patties in three batches, transferring them to a dish lined with kitchen paper. Warm the plate before serving.
5. Any patties you don't use can be frozen. Then bag them on a baking sheet.
6. Reheat the frozen patties in the oven within 10 minutes at 356 F until hot. Before serving, allow cooling to be lukewarm.

Nutrition: Calories 151; Fat 4g; Carbs 21g; Protein 6g

3. Eggs Benedict



Preparation Time: 10 minutes

Cooking time: 5 minutes

Servings: 2

Ingredients:

- 2 large free-range egg yolks
- 2 tablespoons ghee, melted
- 1 teaspoon freshly squeezed lemon juice
- Pinch Cajun seasoning

- 1 teaspoon white vinegar
- 2 large eggs
- ½ cup sliced ham, heated through

Directions:

1. Whisk the egg yolks, ghee, lemon juice, and Cajun seasoning in a small microwave-safe bowl.
2. Microwave the mixture within 20 seconds, then whisk again until the sauce is smooth. Set aside.
3. Simmer a small pot of water, then add the vinegar to the hot water.
4. In a small bowl, crack the eggs, pour them into the simmering water and poach them within 3 minutes. Meanwhile, put the ham on a plate.
5. Remove the poached eggs using a slotted spoon, and dry them gently with a paper towel.
6. Put the eggs over the ham and spoon the hollandaise sauce over the eggs. Serve immediately.

Nutrition: Calories: 322; Fat: 28g; Carbs: 1g; Protein: 15g

4. Ricotta Pancakes



Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 5 oz whole-milk ricotta cheese, drained

- 1/3 cup granulated erythritol
- 2 teaspoons vanilla extract
- 2 tablespoons unsweetened vanilla almond milk, plus more as needed
- 1 cup almond flour
- 1 teaspoon baking powder
- 1/8 teaspoon cream of tartar
- 4 large eggs
- 4 tablespoons butter, divided

Directions:

1. Preheat the oven to its lowest setting. Place a baking sheet in the oven.
2. Whisk the ricotta cheese, erythritol, vanilla, almond milk, almond flour, baking powder, cream of tartar, and eggs in a large bowl, until smooth.
3. Thin the batter with more almond milk, if necessary.
4. In a small nonstick skillet, melt 1 tablespoon of butter over medium-low heat.
5. Pour ¼ cup of batter into the pan and cook until golden, about 4 minutes per side. Transfer the pancake to your baking sheet in the oven. Serve the pancakes with your favorite toppings.

Nutrition: Calories: 396; Fat: 35g; Carbs: 6g; Protein: 15g

5. Chicken And Waffles with Spicy Syrup



Preparation Time: 30 minutes

Cooking time: 30 minutes

Servings: 4

Ingredients:

For the chicken:

- ¼ cup coconut flour
- 1 tablespoon kosher salt
- 1 tablespoon granulated garlic
- ½ tablespoon freshly ground black pepper
- 2 large eggs
- 2 tablespoons hot sauce
- 2 cups crushed pork rinds
- 1 teaspoon onion powder
- ½ teaspoon smoked paprika
- ½ teaspoon chili powder
- ¼ teaspoon cayenne pepper
- 1-pound boneless, skinless chicken thighs

For the waffles:

- 2 cups almond flour
- ½ cup heavy (whipping) cream
- 3 large eggs
- 2 tablespoons erythritol
- 2 teaspoons pure vanilla extract
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon kosher salt
- Nonstick cooking spray

For the spicy syrup:

- 1/3 cup sugar-free maple syrup
- 1 tablespoon unsalted butter, melted
- 1½ teaspoons hot sauce

Directions:

To make the chicken:

1. Preheat the oven to 425 F. Mix the coconut flour, salt, granulated garlic, and black pepper in a shallow bowl. Whisk the eggs plus hot sauce in a medium bowl.
2. Combine the pork rinds, onion powder, paprika, chili powder, and cayenne pepper in a separate medium bowl.
3. Toss the chicken thighs in the flour batter, then dip into the egg wash, and lastly dip into the pork rind mixture.
4. Set the chicken aside on a wire rack on top of a baking pan. Allow sitting for 5 to 6 minutes.
5. Put the chicken onto a parchment paper-lined pan and bake for 20 to 25 minutes, until crispy.

To make the waffles:

6. Preheat waffle iron. Mix the almond flour, cream, eggs, erythritol, vanilla, baking powder, cinnamon, and salt in a large bowl, until smooth.
7. Grease using a nonstick spray the waffle iron and pour in the batter based on the recommended amount for the waffle iron.
8. Cook the waffles until they stop steaming and are crispy, then remove them from the waffle iron and set them aside.

To make the spicy syrup:

9. Mix the maple syrup, butter, and hot sauce in a small bowl. Put the chicken over the waffle, drizzle both with spicy syrup, and serve.

Nutrition: Calories: 823; Fat: 61g; Carbs: 16g; Protein: 50g

6. Country Garden Scramble



Preparation Time: 20 minutes

Cooking time: 10 minutes

Servings: 4

Ingredients:

- 8 eggs
- ¼ cup sour cream
- 1 tablespoon chopped fresh parsley
- ½ teaspoon kosher salt, divided
- ¼ teaspoon freshly ground black pepper
- 4 tablespoons butter, divided
- 1 cup diced zucchini
- ½ cup chopped asparagus
- ¼ cup diced red bell pepper
- 2 tablespoons sliced scallion
- 1 cup fresh baby spinach
- ½ cup shredded Fontina cheese

Directions:

1. Whisk the eggs, sour cream, parsley, ¼ teaspoon of salt, and pepper in a large bowl. Set aside.
2. Dissolve 2 tbsp of butter in a large sauté pan or skillet over medium heat. Add the zucchini, asparagus, red bell pepper, and remaining ¼ teaspoon of salt.
3. Sauté for about 5 minutes until tender. Add the spinach and scallion. Cook within 1 minute just until the spinach wilts.
4. Adjust your heat to medium-low and add the remaining 2 tablespoons of butter to the pan to melt.
5. Pour the egg mixture into the pan. Cook the eggs, without stirring, for about 2 minutes until they start to set on the bottom of the skillet.
6. Using a rubber spatula, scrape the cooked eggs from the bottom of the pan, forming curds while mixing the veggies into the eggs.
7. Cook within 2 minutes more until the eggs are cooked and firm but still glossy and moist. Remove from the heat and sprinkle the Fontina cheese over the top. Serve immediately.

Nutrition: Calories: 332; Fat: 28g; Protein: 16g; Carbs: 3g

7. Crustless Sausage and Green Chile Quiche



Preparation Time: 15 minutes

Cooking time: 35 minutes

Servings: 8

Ingredients:

- Nonstick cooking spray
- 1-pound cooked pork breakfast sausage
- 1 (7-ounce) can mild chopped green chilies
- 1 cup shredded Monterey Jack cheese, divided
- 6 eggs
- 3 ounces cream cheese, at room temperature
- ½ cup sour cream
- ¼ cup heavy (whipping) cream
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

Directions:

1. Warm the oven to 350 F. Lightly coat a 9-inch pie plate with cooking spray. Set aside.
2. Stir the cooked sausage, green chilies, and ½ cup Monterey Jack cheese in a medium bowl. Evenly spread the sausage mixture into the bottom of the prepared pie plate.
3. Combine the eggs, cream cheese, sour cream, heavy cream, salt, and pepper in a blender. Blend on low speed until well combined.
4. Pour the egg batter over the sausage and sprinkle the remaining Monterey Jack cheese evenly over the top.
5. Bake within 35 to 45 minutes, or until set. Cover lightly with foil to prevent over-browning. Let cool within 20 minutes before serving.

Nutrition: Calories: 417; Fat: 37g; Protein: 17g; Carbs: 3g

8. Cinnamon Roll “Noatmeal”



Preparation Time: 15 minutes

Cooking time: 10 minutes

Servings: 2

Ingredients:

- 2 tablespoons butter
- 2 tablespoons chopped pecans
- ¼ cup almond flour
- 1½ teaspoons coconut flour
- ¼ cup almond milk, unsweetened, plus more as needed
- Pinch kosher salt
- 2 tablespoons hemp seeds
- 1 tablespoon desiccated unsweetened coconut
- 1 tablespoon monk fruit/erythritol blend sweetener
- 1½ teaspoons golden flax meal
- ¼ teaspoon ground cinnamon
- 1 tablespoon heavy (whipping) cream (optional)

Directions:

1. Combine the butter and pecans in a small saucepan over medium-low heat. Cook within 3 to 4 minutes until the butter is golden brown and the pecans are toasted.
2. Stir in the almond and coconut flours, almond milk, and salt. Cook for 3 to 4 minutes until thickened.
3. Stir in the hemp seeds, coconut, sweetener, flax meal, and cinnamon—Cook for 1 to 2 minutes more.
4. Remove, then stir in the heavy cream (if using). Add additional almond milk as needed to reach your desired consistency. Serve immediately.

Nutrition: Calories: 334; Fat: 29g; Protein: 10g; Carbs: 3g

9. Southwestern Style Breakfast Grits



Preparation Time: 5 minutes

Cooking time: 5 minutes

Servings: 4

Ingredients:

- 1 cup almond flour
- 1 cup water
- ½ tsp salt, or to taste
- ½ cup sharp cheddar cheese, shredded

Directions:

1. Mix the almond flour, water, plus salt in your medium-size saucepan.
2. Let it boil on medium heat, often stirring, within 4 to 5 minutes. Once it starts boiling, whisk continuously within 1 to 2 minutes until it thickens.
3. Remove, then stir in the cheese until melted and combined. Serve and enjoy!

Nutrition: Calories: 217; Fat: 19g; Carbohydrates: 6g; Protein: 10g

10. Breakfast Date Granola



Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 cup of rolled oats
- 2 tbsp oat bran
- 3 dry pitted dates, chopped
- 3 dry pitted dates, soaked
- ½ cup of walnuts
- 1/3 cup of goji berries
- 2 tbsp pumpkin seeds
- 1 tbsp chia seeds
- ½ tsp ground cinnamon
- ¼ tsp salt

Directions:

1. Soak 3 pitted dates in just enough warm water to cover them for 15 minutes. Then, mix the dates with the soaking water to get a relatively smooth sweet drink in a blender.
2. Warm your oven to 325 F and line a baking sheet with parchment paper. A silicone mat can also be used.
3. In a mixing bowl, mix the remaining granola ingredients, pour in the sweet date water, and Stir with a spoon until moist and crumbly.
4. Transfer the granola mixture to your prepared baking sheet and spread it out evenly using a spatula.
5. Place in the oven (on the center or bottom rack) and bake for 15 minutes; stir and bake for 5 minutes longer until evenly browned. Make careful you don't overcook any of the smaller pieces!
6. Remove from oven and cool before eating. Serve with fresh fruit and your favorite plant-based milk, or enjoy whatever you like!

Nutrition: Calories: 245, Fat: 11g, Carbohydrates: 33g, Protein: 7g

Chapter 2. MAIN DISHES

11. Blackened Catfish



Preparation Time: 30 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 1 pound catfish fillets (4 or 5 fillets)
- 2 tablespoons smoked paprika
- 1 tablespoon granulated onion
- 1 tablespoon granulated garlic
- 2 teaspoons cayenne pepper
- 1 teaspoon freshly ground black pepper
- 1 teaspoon kosher salt
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- ½ teaspoon dried thyme
- 4 tablespoons avocado oil, divided
- 4 tablespoons unsalted butter, divided
- 2 tablespoons fresh chopped parsley

- Lemon wedges, for serving (optional)

Directions:

1. Put the catfish fillets on your cutting board and pat them dry with paper towels.
2. Mix the paprika, granulated onion, granulated garlic, cayenne pepper, black pepper, salt, basil, oregano, and thyme in your small bowl to make the blackening spice.
3. Heavily coat the top side of the fish fillets with the spice mix. Allow the blackening spice to sit for about 10 minutes or until it begins to soak into the fish. Flip the fish over and repeat.
4. Heat a large cast-iron or heavy-bottomed skillet over medium-high heat. Add 2 tablespoons avocado oil and 2 tablespoons butter to the pan.
5. Once the oil plus butter is melted and bubbling, slowly add the catfish fillets, being sure not to overcrowd the pan.
6. Cook each fillet for 5 minutes, then flip to cook for an additional 5 minutes.
7. Remove the fillets to a paper towel-lined pan; continue cooking the rest of the fish, adding the remaining butter and oil as needed.
8. If using, garnish with the parsley plus lemon wedges, and serve hot.

Nutrition: Calories: 386; Fat: 33g; Carbs: 4g; Protein: 19g

12. Salmon Croquettes



Preparation Time: 15 minutes

Cooking time: 10 minutes

Servings: 12 croquettes

Ingredients:

- 1 (14.75-oz) can pink salmon with bones removed
- $\frac{3}{4}$ cup almond flour
- $1\frac{1}{4}$ teaspoons baking powder
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{2}$ cup diced yellow onion
- $\frac{1}{4}$ cup diced green bell pepper
- $\frac{1}{4}$ cup diced orange bell pepper
- 1 large egg
- $\frac{1}{2}$ teaspoon Worcestershire sauce
- $\frac{1}{4}$ teaspoon Old Bay seasoning
- $\frac{1}{4}$ teaspoon red pepper flakes
- $\frac{1}{4}$ teaspoon freshly ground black pepper
- $\frac{1}{2}$ cup finely ground pork rinds
- $\frac{3}{4}$ cup peanut oil

Directions:

1. Combine the salmon, flour, baking powder, salt, onion, green bell pepper, orange bell pepper, egg, Worcestershire sauce, Old Bay seasoning, red pepper flakes, and black pepper in a large bowl.
2. Put the pork rinds on a plate and set them aside. Shape the salmon mixture into 3-inch patties and put in the refrigerator for about 15 minutes to firm up.
3. Remove the patties, then carefully coat them in the pork rinds.
4. Heat-up the oil over medium-high heat in a large cast-iron skillet until it reaches 375°F. Cook the croquettes within 2 to 3 minutes per side, until golden brown on both sides.
5. Transfer the croquettes from the oil to a paper towel-lined pan and serve.

Nutrition: Calories: 221; Fat: 19g; Carbs: 2g; Protein: 10g

13. Quinoa Stuffed Eggplant with Tahini Sauce



Preparation Time: 10 minutes

Cooking time: 30 minutes

Servings: 2

Ingredients:

- 1 eggplant
- 2 tbsp olive oil divided
- 1 medium shallot diced
- 1 cup of chopped button mushrooms about 2 cups whole
- 5 - 6 whole plum tomatoes chopped
- 1 tbsp tomato juice from the can
- 2 garlic cloves minced
- 1/2 cup of cooked quinoa
- 1/2 tsp ground cumin
- 1 tbsp chopped fresh parsley + more to garnish
- Salt & pepper as needed
- 1 tbsp tahini
- 1 tsp lemon juice
- 1/2 tsp garlic powder
- Water to thin

Directions:

1. Preheat the oven to 425 F. Scoop off part of the flesh from the eggplant by cutting it in half lengthwise—drizzle 1 tbsp of oil over the top and place on a baking pan. Bake for 20 minutes, sprinkled with salt.
2. Heat the remaining oil while the eggplant is frying. Add all of the shallots and mushrooms at this point. 5 minutes cook time or until the mushrooms have softened.
3. Add the tomatoes once the liquid has evaporated. Mix in the quinoa plus seasonings.
4. Reduce the oven temperature to 350 F after the eggplant has cooked for 20 minutes and fill every half with the tomato-quinoa mixture. Cook for an additional 10 minutes.
5. When ready to serve, mix tahini, lemon, garlic, water, and a pinch of salt and pepper in a mixing bowl—drizzle tahini over the eggplants and top with parsley.

Nutrition: Calories: 345; Carbohydrates: 38g; Protein: 9g; Fat: 19g

14. Southern Smothered Chicken



Preparation Time: 10 minutes

Cooking time: 40 minutes

Servings: 4

Ingredients:

- 8 tablespoons ghee, divided
- 1-pound boneless chicken thighs
- ½ teaspoon sea salt, plus more as needed
- ¼ teaspoon ground black pepper, + more as needed
- 1 medium onion, sliced
- 2 teaspoons minced garlic
- 1/3 cup chicken stock
- 1 teaspoon xanthan gum
- 2 tablespoons fresh chopped parsley for garnish

Directions:

1. Heat 4 tbsp ghee over medium heat in a large pan. Season the chicken thighs with salt and pepper.
2. Brown the chicken in the hot skillet on both sides, about 5 minutes. Remove, then set aside.
3. Put the onion to your pan and sauté within 5 minutes, until tender.
4. Add the garlic and sauté within 1 minute more. Pour the stock into your pan and add the remaining 4 tablespoons of ghee.
5. Stir in the xanthan gum and whisk until it is fully absorbed and a few lumps remain. Boil the gravy and continue to whisk vigorously for 1 minute.
6. Season the gravy with salt plus pepper to taste. Put the chicken back in your pan, spooning the gravy on top.
7. Put the skillet in the oven and bake for 20 to 25 minutes, or until the internal temperature reaches 165 F. Garnish with the parsley and serve immediately.

Nutrition: Calories: 398; Fat: 34g; Carbs: 2g; Protein: 23g

15. Plantain-Crusted Pork Chops



Preparation Time: 15 minutes

Cooking time: 25 minutes

Servings: 3

Ingredients:

- 3 (6-oz, ½-inch-thick) bone-in pork chops
- 1/3 cup almond flour
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ¼ cup vegetable oil
- 2 large eggs, lightly beaten
- 1 cup finely crushed plantain chips

Directions:

1. Trim the fat from your pork chops and blot them dry with paper towels using a small knife. Set aside.

2. Heat the oil over medium-high heat for 5 to 7 minutes in a large skillet until it shimmers.
3. Meanwhile, mix the flour, salt, plus pepper in a shallow plate or circular pie dish.
4. In a small bowl, add the beaten eggs. In another small bowl, add the crushed plantain chips.
5. Dredge a single pork chop in the flour mixture and shake off the excess breading. Then dip the chop into the eggs and allow any excess to drip off.
6. Coat the pork chop with the plantain chips. Repeat with the remaining chops.
7. Put the pork chops on your hot skillet and reduce the heat to medium. Cook for 15 minutes, flipping occasionally. Remove from the heat and serve.

Nutrition: Calories: 681; Fat: 56g; Carbs: 9g; Protein: 36g

16. Cajun-Style Pork Chops



Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 4

Ingredients:

- 4 (1-inch-thick) boneless pork chops
- ½ teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- ½ teaspoon garlic powder
- ½ teaspoon onion powder

- 4 tablespoons unsalted butter
- 2 garlic cloves, minced
- ½ cup vegetable stock
- ½ cup heavy (whipping) cream
- 3 tablespoons Cajun seasoning

Directions:

1. Season your pork chops on all sides with salt, pepper, garlic powder, and onion powder. Set aside.
2. Dissolve the butter in a large cast-iron skillet over medium-high heat. Add the garlic and sauté for 30 to 40 seconds until fragrant; careful not to let it burn.
3. Put the pork chops, then sear on both sides, 2 to 3 minutes per side. Remove the pork chops, then set them aside.
4. Add the stock, cream, and Cajun seasoning to the skillet. Let it boil and then reduce to a simmer.
5. Add the pork chops back to the skillet and let them simmer in the sauce until cooked through 7 to 10 minutes. Serve hot.

Nutrition: Calories: 403; Fat: 31g; Carbs: 3g; Protein: 26g

17. BBQ Baked Beans



Preparation Time: 10 minutes

Cooking time: 1 hour & 10 minutes

Servings: 12

Ingredients:

- 1 pound bacon, sliced
- 1 green bell pepper, seeded and diced
- 1 medium yellow onion, diced
- 3 oz pork & beans
- 1 cup of barbecue sauce
- 1/3 cup of brown sugar
- 1 tbsp mustard

Directions:

1. Add the sliced bacon to a Dutch oven or big saucepan over medium-high heat. 10-12 minutes, they were occasionally stirring or until bacon begins to crisp.

2. Transfer the bacon pieces on a paper towel-lined platter, reserving 2 tbsp of the bacon drippings in the pan and discarding the remainder.
3. Cook within 5 minutes, frequently tossing until the green bell pepper and onion soften in the bacon drippings.
4. Stir together the pork and beans, barbecue sauce, brown sugar, and mustard. Add the crumbled bacon and mix well.
5. After 1 hour of simmering, remove from heat. Stir the beans occasionally to keep them from sticking to the bottom of the pan. Serve.

Nutrition: Calories: 361; Carbohydrates: 43g; Protein: 12g; Fat: 17g

18. Crustless Cream Cheese and Spinach Quiche



Preparation Time: 15 minutes

Cooking time: 35 minutes

Servings: 8

Ingredients:

- 3 tablespoons butter, plus more for preparing the pie pan
- ¼ cup chopped onion
- 2 garlic cloves, finely chopped
- 4 eggs, lightly beaten
- 4 ounces cream cheese, at room temperature
- ⅓ cup whole-milk ricotta
- ¾ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 10 oz spinach, frozen, thawed & squeezed dry, chopped
- 3 tablespoons diced roasted red pepper
- ¼ cup shredded Parmesan cheese

Directions:

1. Warm the oven to 350 F. Coat a 9-inch pie pan with butter. Set aside.
2. Melt the butter in a small sauté pan or skillet over medium heat. Add the onion plus garlic, and sauté within 5 minutes until tender. Set aside.
3. Whisk the eggs, cream cheese, ricotta, salt, and pepper in a large bowl.
4. Stir in the onions and garlic, spinach, and roasted red pepper and mix well to combine. Transfer the batter into your prepared pie pan and top with the Parmesan cheese.
5. Bake within 30 minutes or until set. Let cool within 15 to 20 minutes before slicing. Best served warm or at room temperature.

Nutrition: Calories: 166; Fat: 14g; Protein: 7g; Carbs: 2g

19. Collard Greens and Ricotta–Stuffed Portobellos



Preparation Time: 15 minutes

Cooking time: 22 minutes

Servings: 4

Ingredients:

- 4 medium portobello mushrooms, stemmed and gills removed
- 2 tablespoons avocado oil
- ½ teaspoon kosher salt
- 3 tablespoons butter
- ½ cup diced onion
- 2 garlic cloves, finely chopped
- 2 cups frozen collard greens
- ½ cup whole-milk ricotta
- ½ cup shredded mozzarella cheese
- ¼ cup grated Parmesan cheese
- ¼ teaspoon freshly ground black pepper
- 1/8 teaspoon garlic powder

Directions:

1. Warm the oven to 400 F. Line a sheet pan with parchment paper. Place the portobellos, gill-side up, on the prepared sheet pan.
2. Grease them with olive oil, then sprinkle lightly with salt. Roast for 10 to 12 minutes. Set aside.
3. Meanwhile, dissolve the butter in a medium sauté pan over medium heat. Add the onion and garlic.
4. Sauté for about 5 minutes until translucent. Add the collards and cook within 5 to 7 minutes until tender. Set aside to cool.
5. Stir the ricotta, mozzarella, and Parmesan cheeses, pepper, and garlic powder in a large bowl. Stir in the cooled collard greens. Evenly divide the mixture among the portobellos.
6. Bake within 7 to 10 minutes, or until golden brown and bubbly. Let sit 5 minutes before serving.

Nutrition: Calories: 282; Fat: 22g; Protein: 12g; Carbs: 5g

20. Shrimp And Andouille Jambalaya



Preparation Time: 15 minutes

Cooking time: 30 minutes

Servings: 6

Ingredients:

- 1 pound andouille sausage, cut into 1/4- to 1/2-inch slices, then cut into half-moons
- 1 cup diced celery
- 1 cup diced green bell pepper
- 1/2 cup diced onion
- 1/2 teaspoon kosher salt
- 3 garlic cloves, finely chopped
- 2 (12-ounce) packages of frozen cauliflower rice
- 1 (15-ounce) can diced tomatoes
- 2 teaspoons Old Bay seasoning
- 1/2 teaspoon dried thyme
- 1/2 teaspoon paprika
- 1 1/2 pounds medium raw shrimp, peeled and deveined
- 1/4 cup heavy (whipping) cream
- 1/4 cup sliced scallion
- 2 tablespoons chopped fresh parsley

Directions:

1. Preheat a large sauté pan or skillet over medium-high heat. Add the sausage and cook for about 4 minutes until golden.
2. Remove the sausage using a slotted spoon, leaving the drippings in the skillet.
3. Return the skillet to heat and add the celery, green bell pepper, onion, and salt to the drippings—Cook within 5 to 7 minutes, or until the vegetables are tender.
4. Add the garlic and frozen cauliflower rice. Cook, constantly stirring, within 3 to 4 minutes until there is no liquid in the pan.
5. Adjust your heat to medium, then stir in the tomatoes, Old Bay seasoning, thyme, paprika, and cooked sausage.
6. Cook within 2 to 3 minutes, often stirring, until the liquid is reduced. Add the shrimp and cook for 5 minutes more until the shrimp are pink and opaque.
7. Stir in the heavy cream. Garnish with scallion and parsley for serving.

Nutrition: Calories: 455; Fat: 27g; Protein: 38g; Carbs: 10g

Chapter 3. SNACKS & DESSERTS

21. Vegan Key Lime Pie



Preparation Time: 10 minutes

Cooking time: 20 minutes

Servings: 3-4

Ingredients:

For the Crust:

- 1 ½ cups vegan graham crackers crushed
- ⅓ cup of vegan butter melted

For the Filling:

- 1 13.5-ounce can full-fat coconut milk
- 1 7.4-ounce can sweeten condensed coconut milk
- ½ cup of key lime juice
- 1 tbsp key lime zest
- 5 tbsp cornstarch

Directions:

1. Preheat oven to 350 F.

2. In a mixing dish, mix the graham cracker crumbs and melted butter. Fill a lightly oiled 9-inch pie plate halfway with the mixture,
3. Press into the container to make a crust, then bake within 10 minutes.
4. Mix all the filling fixing in a pot at medium-high heat. Let it boil, then reduce to a simmer, frequently stirring, within 8-10 minutes.
5. Soak a cotton ball in a cup of water and place it in the pie. Refrigerate for 5 hours or overnight. Serve!

Nutrition: Calories: 132; Carbohydrates: 15g; Protein: 1g; Fat: 7g

22. Rainbow Veggie Pinwheels



Preparation Time: 15 minutes

Cooking time: 10 minutes

Servings: 3-4

Ingredients:

- 4 large tortillas
- 2/3 cup of whipped cream cheese
- 1 tbsp dry ranch powder
- 1/2 cup thinly sliced bell pepper strips
- 1/2 cup thinly sliced carrot strips
- 1/2 cup thinly sliced bell pepper strips
- 1/2 cup baby leaves
- 1/2 cup shredded purple cabbage

- 1 cup cooked shredded chicken (optional)

Directions:

1. Mix the cream cheese and ranch powder in a mixing bowl and stir until well mixed. Cover the 4 tortillas evenly with the cream cheese mixture.
2. Lay 2 tbsp of every vegetable in rows over the tortillas, leaving a 1-inch border on both sides; top with shredded chicken.
3. Roll every tortilla firmly; if the ends don't remain closed, a little extra cream cheese can be added to seal them. Cut into pinwheels crosswise and serve.

Nutrition: Calories: 304; Carbs 23g; Protein 13g; Fat 17g

23. Peanut Crunch Salad Ina Jar



Preparation Time: 20 minutes

Cooking time: 0 minutes

Servings: 4 jars

Ingredients:

- 1/3 cup natural peanut butter, not sweetened

- 1 -2 tbsp maple syrup, add as need
- ¼ cup freshly squeezed lemon juice
- 2 tbsp Tamari, or coconut aminos or soy sauce
- ¼ cup water
- 2 tbsp rice wine vinegar, or apple cider, or white wine vinegar
- salt and freshly ground black pepper as need

For the Salad:

- 4 green onions, cut into thin rounds,
- 2 cups cooked quinoa
- 1 medium carrot, or grated cut into matchsticks
- 1 cup edamame beans, frozen (no need to thaw)
- 1 Red or purple cabbage, chopped
- 1½ cups green cabbage, chopped
- ½ cup roasted peanuts (salted or unsalted)

Directions:

1. Mix dressing ingredients in a small bowl. Distribute the dressing evenly among four 500ml jars.
2. Add the onions, quinoa, carrots, edamame beans, cabbage, and peanuts. Refrigerate the jars with the lids on for up to 5 days.
3. To serve, pour into a mixing bowl, scraping off any remaining dressing from the jar's bottom, and toss everything together thoroughly before eating.

Nutrition: calories: 414; Carbohydrates: 41g; Protein: 19g; Fat: 21g

24. Pecan Pie Cheesecake Bars



Preparation Time: 20 minutes

Cooking time: 40 minutes

Servings: 3-4

Ingredients:

For the crust:

- 2 ½ cup of graham cracker crumbs
- ¼ cup erythritol
- ½ cup of unsalted butter, melted

For the cheesecake layer:

- 2 packages (8 Ounces every) cream cheese, softened
- ¾ cup erythritol
- 2 large eggs
- 1 tsp vanilla extract

For the pecan pie layer:

- 1 cup of light brown sugar, packed
- ½ cup of soft corn syrup
- ½ cup of heavy cream

- ¼ cup of unsalted butter
- ½ tsp kosher salt
- 1 tsp vanilla extract
- 2 cups Fisher Pecan Halves, chopped

Directions:

1. Using parchment paper, line a 13x9 baking dish. Pulse graham crackers with sugar in a food processor until fine crumbs form. Add the melted butter and stir thoroughly.
2. Using your palm, press firmly into the bottom of the baking dish (or bottom of a cup). Remove from the equation.
3. Whip the cream cheese with sugar, eggs, and vanilla with an electric mixer's whisk attachment, for the cheesecake filling.
4. Beat till light and fluffy (about 3-5 minutes). Pour over the graham cracker crust. Remove from the equation.
5. Melt brown sugar, corn syrup, cream, butter, and salt for the pecan pie layer in a small saucepan. Bring the water to a boil. Boil for 1 minute, stirring often.
6. Stir in vanilla and pecans. Allow it to cool somewhat before pouring carefully over the cheesecake layer with a spoon to prevent it from sinking to the bottom.
7. Preheat oven to 350 F, then bake bars for 35 minutes. Remove from oven and cool completely.
8. Refrigerate for 4 hours or overnight, covered in plastic wrap. Cut and savor!

Nutrition: Calories: 263; Fat: 16g; Carbohydrates: 30g; Protein: 3g

25. Chocolate Peanut Butter Rice Bars



Preparation Time: 10 minutes

Cooking time: 1 minute

Servings: 20 bars

Ingredients:

- 3 cups Rice Krispies
- 1/3 cup of Creamy Salted Peanut Butter
- 1/3 cup of Golden Syrup or Brown Rice Syrup
- 11 oz Vegan Chocolate

Directions:

1. Put the rice Krispies in a basin and put them aside. Using parchment paper, line a 9x9 square dish.
2. In a saucepan, mix the syrup and peanut butter and heat, constantly stirring, until it just begins to boil.
3. Remove from heat and immediately pour over Rice Krispies. Stir until the Rice Krispies are completely coated.
4. Spoon the mixture onto your parchment-lined baking dish and level it out as much as possible. Remove from heat and immediately pour over Rice Krispies.

5. Prepare your chocolate topping after it has set. Break up the chocolate on a microwave-safe plate.
6. Microwave within 30 seconds, stirring after every interval until the chocolate is completely melted. Spoon this on top of the rice Krispie foundation and evenly distribute it.
7. Return to the refrigerator to chill. After it's firm, lift it out using the parchment paper and cut it into squares. Enjoy!

Nutrition: Calories: 140; Carbohydrates: 12.6g; Protein: 2.7g; Fat: 8.9g

26. Cauliflower Popcorn



Preparation Time: 10 minutes

Cooking time: 30 minutes

Servings: 5

Ingredients:

- 8 cups of cauliflower florets
- 3 tbsp of olive oil
- ½ cup of grated parmesan cheese, divided
- 1 tsp of garlic powder
- 1 tsp of paprika
- ½ tsp of turmeric
- ½ tsp of salt
- 1 tbsp of melted butter

- ½ tsp of mixed herb spice

Directions:

1. Warm the oven to 475 F and prepare a baking tray.
2. In a large bowl, combine all ingredients and ¼ cup of parmesan cheese (save the rest for later). Mix the ingredients well to combine.
3. Pour the cauliflower florets onto the baking tray and bake for 30 minutes until browned.
4. Sprinkle the parmesan over the florets, and add a little more paprika or salt over them for an extra salty snack!

Nutrition: Calories 141; Carbohydrates 9g; Fat 11g; Protein 3g

27. Salted Caramel Fudge Fat Bombs



Preparation Time: 15 minutes

Cooking time: 8 minutes

Servings: 32 fat bombs

Ingredients:

- 4 ounces unsweetened chocolate, roughly chopped
- 8 tablespoons (1 stick) butter
- ½ cup allulose blend sweetener
- ½ cup heavy (whipping) cream
- Sea salt, as needed

Directions:

1. Line an 8- or 9-inch loaf pan with plastic wrap. Set aside. Place the chocolate in a medium heat-resistant bowl. Set aside.
2. Mix the butter and sweetener in a saucepan over medium heat. Dissolve the butter and bring the mixture to a boil—Cook within 3 to 5 minutes, or until golden, stirring often.
3. Add the cream and cook for 2 to 3 minutes more. Stir in a pinch of salt. Set aside to cool for 5 to 7 minutes.
4. Pour the warm butter mixture over the chopped chocolate. Let sit within 1 minute, then stir until smooth.
5. Immediately pour the fudge into the prepared loaf pan and spread it evenly. Sprinkle with salt on top. Refrigerate within 45 minutes to 1 hour, or until firm.
6. Cut the fudge into 32 pieces and keep refrigerated in an airtight container or the freezer.
This fudge can be served at room temperature once completely chilled.

Nutrition: Calories: 62; Fat: 6g; Protein: 1g; Carbs: 0g

28. Triple Berry Coconut Smoothie



Preparation Time: 10 minutes

Cooking time: 0 minutes

Servings: 1

Ingredients:

- 1/3 cup unsweetened almond milk
- 1/3 cup full-fat canned coconut milk
- 1/3 cup frozen whole mixed berries
- 1 to 2 teaspoons erythritol blend sweetener
- 1½ teaspoons coconut oil (optional)
- ¼ teaspoon vanilla extract
- Pinch kosher salt, as needed
- 4 or 5 ice cubes

Directions:

1. In a blender, combine the almond and coconut milk, frozen berries, sweetener, coconut oil (if using), vanilla, and salt.
2. Blend on high speed until smooth. Add the ice and blend again until your desired consistency is reached. Pour into a glass and enjoy!

Nutrition: Calories: 206; Fat: 18g; Protein: 4g; Carbs: 4g

29. Lemonade Snack Cake



Preparation Time: 15 minutes

Cooking time: 40 minutes

Servings: 12

Ingredients:

- 4 tablespoons butter, at room temperature, + more for preparing the pan
- 1½ cups almond flour
- 2 tablespoons coconut flour
- 2 teaspoons baking powder
- ½ teaspoon kosher salt
- 4 ounces cream cheese, at room temperature
- ½ cup monk fruit/erythritol blend sweetener

- 4 eggs, at room temperature
- 1 teaspoon vanilla extract
- 1½ tablespoons grated lemon zest

Directions:

1. Warm the oven to 350 F. Coat a 9-by-5-inch loaf pan with butter. Set aside.
2. Stir the almond and coconut flours, baking powder, and salt in a medium bowl. Set aside.
3. In another medium bowl and using an electric hand mixer, cream the butter, cream cheese, and sweetener until fluffy.
4. Put the eggs, one at a time, mixing well after each addition. Add the vanilla and lemon zest, and mix to combine.
5. Add the flour batter and mix until well combined. Pour the batter into the prepared pan.
6. Bake within 35 to 40 minutes, or until a toothpick inserted into the center comes out clean.
7. Let cool in the pan within 20 minutes before transferring to a wire rack to cool completely before slicing.

Nutrition: Calories: 152; Fat: 13g; Protein: 5g; Carbs: 2g

30. Butter Pecan Cheesecake Truffle Fat Bombs



Preparation Time: 10 minutes

Cooking time: 5 minutes

Servings: 24 fat bombs

Ingredients:

- 3 tablespoons butter
- ¼ cup finely chopped pecans
- 8 ounces cream cheese, at room temperature
- 3 tablespoons erythritol blend sweetener
- 1 teaspoon vanilla extract

Directions:

1. Dissolve the butter in a sauté pan or skillet over medium-low heat. Add the pecans and cook for 3 to 4 minutes, stirring until the pecans are toasted and the butter is golden. Set aside the pan to cool.
2. Beat the cream cheese, sweetener, and vanilla in a medium bowl and use an electric hand mixer until smooth.
3. Stir in the pecans and browned butter. Cover and refrigerate the mixture for 15 to 20 minutes, or until firm enough to roll.
4. Drop by the $\frac{1}{2}$ tablespoon onto parchment paper and roll each portion into a ball. Refrigerate in an airtight container for up to 5 days.

Nutrition: Calories: 62; Fat: 6g; Protein: 1g; Carbs: 1g

Conclusion

If you're like us, you've probably tried many of the fad weight-loss diets. None of them worked! Not only did they leave us feeling hungry, but the food was not appetizing. We'd end up binging on less-than-healthy late-night snacks and not losing any weight. Surely there had to be a lifestyle that allowed us to enjoy our favorite foods, feel satisfied, and lose weight!

That's when the Keto Soul Food comes in! The recipes in this cookbook are meant to capture the essence of traditional Southern soul food cooking while also being appropriate for the ketogenic diet. By staying true to classic flavors and textures, we carefully developed each dish with the soul food enthusiast in mind. Some recipes are naturally keto, meaning they don't require any adaptations or specialty ingredients. Other recipes incorporate some small substitutions without compromising the integrity of the dish.

Keep in mind that all the recipes can be made with readily available ingredients at most major grocery stores. We've also included nutritional information to help you manage ketosis and achieve or maintain your weight loss goals.

Now from one soul food lover to another, we're going to keep it real: It can be hard to switch to a healthier diet, and we know that these recipes can't necessarily beat the ones that you grew up with. Some ingredients are simply irreplaceable: black-eyed peas, red beans, sweet potatoes, and sugar, to name a few. Still, we hope that you enjoy these recipes, as they were inspired by soul food's culinary roots, and hopefully, they come close to the real thing for you and perhaps even make their way to your family's dinner table next Sunday.