



Keto Bolognese

8 pieces

4lbs Organic 80%_Ground Beef
2 cups Organic Cubed Bok Choy stalks
½ bunch Organic Italian Parsley
1 [Italian Stallion Seasoning Recipe](#)
+4 Organic Garlic Cloves
3 Organic Cinnamon Sticks
1 round tsp. Monk Fruit Sugar Substitute
1 round tsp. Organic Onion Powder
2 tbsp. Organic Greek Olive Oil

For preparation instruction, watch the video on YouTube:

[Keto Bolognese](#)

[Youtube.com/AwareHouseChef](https://www.youtube.com/AwareHouseChef)

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