

Keto TexMex Ground Beef Casserole

Oscar · 28/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

1 hr 5 mins

Description

Following a lowcarb way of eating doesnt have to mean that you cant enjoy tacos anymore This casserole has all the flavor of tacos and if you like pork rinds for crunch For extra flavor garnish with avocados sour cream sliced olives shredded lettuce or pork rinds

Ingredients

- - cooking spray - 1 ½ pounds ground beef - 2 ½ teaspoons chili powder
- divided - 2 teaspoons onion powder
- divided - 2 teaspoons garlic powder
- divided - 1 teaspoon ground cumin - 1 teaspoon ground coriander - salt and ground black pepper to taste - 2 eggs - 2 tablespoons heavy cream - 1 tablespoon extra virgin olive oil - ½ cup chopped onion - salt and pepper to taste - 3 tablespoons tomato paste - 1 pound frozen riced cauliflower
- thawed and drained - 1 ½ cups grated Cheddar cheese
- divided

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Spray an 11x7-inch baking dish with cooking spray. Heat a large nonstick skillet over medium-high heat. Cook and stir ground beef in the hot skillet until browned and crumbly
2. 5 to 7 minutes. Stir in 1 1/2 teaspoons chili powder
3. 1 teaspoon onion powder
4. 1 teaspoon garlic powder
5. cumin
6. coriander
7. salt
8. and pepper until spiced are distributed evenly. Cook until fragrant
9. 4 to 5 minutes. Remove from heat. Whisk together eggs and cream in a bowl; add to meat mixture. Spread mixture into the prepared baking dish and pat down evenly. Wipe the skillet clean
10. add olive oil
11. and heat over medium heat. Add onion and cook until soft and translucent
12. about 2 minutes. Add remaining 1 teaspoon each chili powder
13. garlic powder
14. and onion powder. Season with salt and pepper. Stir in tomato paste and cook
15. stirring often
16. 2 to 3 minutes. Add cauliflower rice and continue cooking for 4 to 5 minutes. Remove from heat
17. stir in 1 cup Cheddar cheese
18. and spread on top of meat in the baking dish
19. smoothing with a spatula to flatten the top. Bake in the preheated oven for 25 to 30 minutes. Sprinkle remaining 1/2 cup Cheddar over the top and bake until cheese has melted
20. about 5 minutes. Remove from oven and allow to cool about 5 minutes. Serve warm.