



Healthy Keto with
Jim Colbourne
MOVING TO AN HEALTHIER LIFESTYLE

Cheesy Ground Beef Casserole

4g of Net Carbs (Low Carb Keto)

Very tasty Low Carb Keto Ground Beef Casserole. Very healthy and Delicious. The cauliflower is used more as a filler and the taste is replaced with all the flavors of the herbs, spices and the cheeses. This dish is absolutely delicious. Enjoy!



4G
CARBS

Serving: 200g | Calories: 438kcal |
Carbohydrates: 7g | Protein: 26g | Fat: 34g |
Fiber: 3g | Sugar: 3g |

Ingredients:

1 tablespoon of Olive Oil
4 cloves of Garlic, finely chopped
2 tablespoons of Italian Herbs
1 ½ teaspoon of Salt
1 teaspoon of Black Pepper, ground
1 pound of Ground Beef
2 cups of Mushrooms, sliced
1 small onion
4 tbsp onion soup mix (optional)

1 pound of Cauliflower Rice
2 cups of Baby Spinach
½ cup of Sour Cream
1 cups of Tex Mex Cheese
½ Old Sharp Cheddar
½ cup pizza Cheese
1 tbsp Parsley and Chives for topping

Instructions:

1. Cut onion into very small pieces then Cook until soften. Add Garlic and spices when soften.
2. Add ground beef and cook until half cooked then add sliced mushrooms.
3. when almost cooked add cauliflower rice and simmer for 5-10mins.
4. Add spinach and simmer for 5min.
5. Add sour cream and mix into the casserole.
7. Remove and add to 9"x13" dish and top with cheeses. Add Parsley and Chives.
8. Bake uncovered for 25mins on 390F to get a golden brown. Enjoy!