



# Healthy Keto with Jim Colbourne

MOVING TO AN HEALTHIER LIFESTYLE

## Ultimate Cheeseburger/Big Mac Sauce Casserole

*3g NET Carbs (Low Carb Keto)*

This is a Delicious Low Carb Keto Cheeseburger Casserole with Home-Made Big Mac Sauce. Absolutely Delicious! This is one meal the entire family will Love.

### INGREDIENTS

2.5-3lbs Ground Beef  
½ cup Onion Diced  
1 tbsp Garlic Powder  
¼ cup Ketchup  
1.5 tbsp Yellow Mustard  
1 tsp Salt  
1 tsp Pepper  
Toppings  
Lettuce cut into stripes. 3-4 grape tomato's cut in halves per serving.



6 Servings: 1 serving = 3g Net Carbs / 0g Fiber / 45g Fat / 46g Protein / 543 Calories

1 tbsp Parsley  
1 tbsp Italian Seasoning  
2 cups Radishes Sliced Thin  
5-6 Stripes of Bacon cut in small pieces  
2-3 cups of Mix Cheese or Until the Top of Casserole is Fully Covered  
8oz Cream Cheese

### Instructions:

1. Add spices, diced onion and sliced radishes while frying ground beef. When beef starts to brown add cream cheese.
2. Once meat is fully cooked remove from heat. Add mustard and ketchup. Mix will.
3. Place meat in a 7"x13" dish or close to this size. Add cheese to the top of meat making sure to fully cover the top of the casserole.
4. Bake on 350F for 20-30mins or until cheese is golden brown.
5. Serve with Low Carb Big Mac Sauce (The recipe is on my webpage)