

Keto Mexican Ground Beef Casserole

Yield: 9 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/keto-mexican-ground-beef-casserole-recipe>

Ingredients:

- 1 tablespoon avocado oil
- 4 cups cauliflower rice Cooked
- 1/2 teaspoon sea salt
- 10 ounces diced tomatoes with green chilies drained very well
- 1 tablespoon avocado oil
- 2 large bell peppers diced
- 1/2 large onion diced
- sea salt unchecked, to taste
- black pepper unchecked, to taste
- 1 cup sour cream
- 2 pounds ground beef
- 3/4 cup water
- 1/4 cup taco seasoning
- 2 cups Mexican cheese blend shredded
- tomatoes unchecked, diced
- jalapenos unchecked, sliced
- avocados unchecked, sliced
- fresh cilantro unchecked, chopped

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 115 milligrams
4. Fat: 33 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 15 grams

8. Sodium: 750 milligrams
 9. Sugar: 6 grams
 10. TransFat: 1 grams
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