

# Low Carb Mexican Lazy Cabbage Roll Casserole

Yield: 8 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cabbage-roll-recipe>

## Ingredients:

- 6 cups cabbage thinly sliced then chopped, a little less than 1 medium head
- 1 1/2 pounds ground beef
- 2 cups salsa : jarred red, mild, medium or spicy
- 12 ounces cauliflower rice frozen
- 1/4 cup tomato paste
- 2 tablespoons avocado oil or fat of choice
- 1 tablespoon oregano
- 2 teaspoons cumin
- 1 1/2 teaspoons sea salt
- 1 teaspoon chili powder optional
- 1/2 teaspoon garlic powder
- 1/2 teaspoon black pepper according to preference
- 3 cups cheddar cheese or jack, grated, or other favorite melting cheese, optional: omit for Paleo, Whole30 or dairy-free

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 11 grams
3. Cholesterol: 100 milligrams
4. Fat: 30 grams
5. Fiber: 4 grams
6. Protein: 30 grams
7. SaturatedFat: 14 grams
8. Sodium: 1240 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

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