

Easy and Soul-Satisfying Mexican Ground Beef Casserole

Yield: 1 min
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cauliflower-and-beef-casserole-recipe-youtube>

Ingredients:

- 2 tablespoons olive oil
- 1 medium onion chopped
- 2 garlic clove minced
- 1 pound lean ground beef
- 1 bell pepper medium, chopped
- 1/2 jalapeno sliced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper optional
- 14 ounces diced tomatoes
- 2 tablespoons tomato paste
- 4 cups cauliflower florets
- 1/3 cup mayonnaise homemade or Paleo friendly store-bought
- 1 tablespoon nutritional yeast
- 1 scallion sliced, optional
- salt
- black pepper