

# Low Carb Mexican Casserole

Yield: 8 min  
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-zucchini-pork-recipe>

## Ingredients:

- 2 tablespoons avocado oil divided
- 1/2 yellow onion chopped
- 12 ounces chorizo crumbled
- 6 cups cauliflower rice
- 3 garlic cloves pressed
- 1 cup baby portabella mushrooms chopped
- 1 cup zucchini chopped
- 14 1/2 ounces fire roasted diced tomatoes can of
- 2 chipotle peppers in adobo
- 2 tablespoons adobo sauce
- 2 cups mexican blend cheese shredded
- salt
- pepper
- sour cream optional
- cheese optional
- salsa optional
- hot sauce optional

## Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 80 milligrams
4. Fat: 33 grams
5. Fiber: 4 grams
6. Protein: 22 grams
7. SaturatedFat: 14 grams
8. Sodium: 1950 milligrams
9. Sugar: 5 grams

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