

Instant Pot Quarantine Casserole

Yield: 6 min
Total Time: 56 min

Recipe from: <https://www.recipeschoose.com/recipes/quarantine-easter-recipe>

Ingredients:

- shredded cheese
- colby jack
- cheddar
- Monterey Jack
- Sour Cream
- green onions
- avocados
- 1 pound lean ground beef
- 3 tablespoons taco seasoning
- 3/4 cup chicken broth
- 12 ounces frozen riced cauliflower
- 10 ounces rotel tomatoes
- 4 ounces green chiles with juice
- 1 1/2 cups shredded cheese colby jack, cheddar or taco cheese
- Sour Cream
- green onions

Nutrition:

1. Calories: 340 calories
2. Carbohydrate: 8 grams
3. Cholesterol: 95 milligrams
4. Fat: 21 grams
5. Fiber: 2 grams
6. Protein: 29 grams
7. SaturatedFat: 11 grams
8. Sodium: 490 milligrams
9. Sugar: 2 grams

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