MEAL*Genius*®

Keto Cheeseburger Casserole

Active Time: 25 minutes | **Total Time:** 1 hour | **Serves:** 6

Nutrition Information Per Serving

412.8 calories, 6.82 g carbohydrate, 2.5 g fiber, 4.32 g NET carbs, 25.73 g protein, 32.34 g fat

Ingredients

- 1 cup Pacific Organic Bone Broth (Chicken)
- 1 pound grass-fed ground beef
- 1 head cauliflower
- 1 tsp ground cumin
- 1 tsp dried oregano
- 1 cup organic heavy cream
- 2 large(s) organic eggs
- 1 tsp sea salt
- 4 ounce(s) organic cheddar cheese, shredded

Preparation

1. Preheat oven to 350 F. Grease a 9 x 13 casserole dish.
2. Cut cauliflower into florets and discard the core or reserve for another use.
3. Place a steamer basket over a pot of water and add the cauliflower. Steam cauliflower to crisp-tender. Set aside.
4. Add the ground beef to a large skillet over medium-high heat. Cook, stirring and breaking up the meat to cook through.
5. Add the salt and spices and stir to combine.
6. In a small bowl, whisk together the heavy cream, eggs and broth.
7. Layer the cauliflower and beef in the casserole dish. Pour egg-cream mixture over and top with shredded cheese.
8. Transfer to the overn and bake 35-40 minutes or until the center is set.
9. Let cool for 10 minutes, then serve.