



Cheesy Ground Beef and Cauliflower Casserole

Reminiscent of nachos, spice up your meal rotations and try this cheesy ground meat casserole that blends savory beef and tender cauliflower all in one skillet that can be ready in under an hour! Serve with tortilla chips or over rice.

Serves: 4-6

Serving Size: ½ cup

Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 medium green bell pepper, chopped
- 1 pound lean ground beef (90% lean)
- 3 garlic cloves, minced
- 2 T chili powder
- 2 tsp. ground cumin
- 1 tsp. dried oregano
- ½ tsp. salt (or more to taste)
- ¼ tsp. ground chipotle
- 3 cups bite sizes cauliflower florets (or 1 lb frozen, defrosted)
- 1 (15 oz) can no salt diced tomatoes
- ¾ cup low sodium chicken broth
- 1 ½ cup shredded cheddar cheese
- ⅓ cup sliced pickled jalapeños (optional)
- Tortilla chips or cooked rice for serving

Directions

1. Position the oven rack in upper third of oven.
2. Heat 1 tablespoon oil in a large broiler safe skillet over medium heat. Add chopped onion and bell pepper then sauté about 5 minutes or until vegetables are soft. Add ground meat and brown, using a wooden spoon to break up large pieces, about 10 minutes. Stir in the garlic, chili powder, cumin, oregano, salt, and chipotle and cook about 1-2 minutes until fragrant. Add cauliflower, tomatoes and broth. Bring to a simmer until liquid is reduced and cauliflower is tender. Remove from heat.
3. Sprinkle cheese over beef/cauliflower mixture and top with the jalapeños, if using.
4. Broil until cheese is melted and browned in spots, about 2-3 minutes. Let cool and enjoy with tortilla chips or over rice.

Chef's Note: You can swap out the ground beef for ground turkey or any lean ground meat you'd like!

Nutrition Info per serving:

Calories: 350, Saturated Fat: 9.5 g, Sodium: 680.9mg, Fiber: 4.3g, Protein: 32.3g

Recipe adapted from: www.eatingwell.com/recipe/7919044/cheesy-ground-beef-cauliflower-casserole/