

# Keto Cheeseburger Casserole

## Ingredients:

1 lb ground beef  
1 small onion, diced  
2 cloves garlic, minced  
4 oz cream cheese  
1/4 cup heavy cream  
1/4 cup unsweetened ketchup  
1 tbsp mustard  
1 tsp Worcestershire sauce  
Salt and pepper to taste  
1 1/2 cups shredded cheddar cheese  
Optional: pickles, bacon bits, lettuce, tomato

## Instructions:

1. Preheat oven to 375°F. Grease a baking dish.
2. Brown beef in a skillet over medium heat. Drain excess grease.
3. Add onions; cook until soft. Stir in garlic for 30 seconds.
4. Add cream cheese, stirring until melted. Stir in heavy cream, ketchup, mustard, Worcestershire, salt, and pepper.
5. Pour into baking dish. Top with cheddar cheese.
6. Bake for 15-18 minutes, until bubbly.
7. Top with optional garnishes. Serve hot!

## Recipe Tips & Variations:

- Make it bacon-y: Add 4 slices of crispy bacon, chopped, to the beef mixture or sprinkle on top before baking.
- Add veggies: Mix in chopped mushrooms, green bell peppers, or even riced cauliflower to bulk it up.
- Spice it up: Add a pinch of cayenne or a few dashes of hot sauce for heat.
- Make it dairy-free: Use dairy-free cream cheese and cheese alternatives if you're avoiding dairy.
- Meal prep: Store leftovers in airtight containers in the fridge for up to 4 days. Reheat in the microwave or oven.

## Nutritional Info (Per Serving - makes 6 servings):

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Calories: 360

Protein: 24g

Fat: 28g

Carbs: 6g

Fiber: 1g

Net Carbs: 5g

(Note: Nutrition may vary slightly depending on brands and optional toppings.)