

Keto Tater Tot Casserole

Servings: 6 | Prep: 15 min | Cook: 35 min

Ingredients:

- 1 lb ground beef or turkey
- 1 cup mushrooms, diced (optional)
- 1 small onion, diced
- 1 cup shredded cheddar
- ½ cup heavy cream
- 1 cup cauliflower florets (for 'tater tots')
- ½ cup almond flour
- 1 egg
- Salt & pepper to taste

Instructions:

1. Preheat oven to 375°F (190°C).
2. Cook beef, mushrooms, and onion in skillet, drain grease.
3. Add cream and half of the cheese, stir until creamy.
4. Steam cauliflower until tender, mash, mix with almond flour + egg to form 'tots'.
5. Spread beef mixture into casserole dish.
6. Top with cauliflower tots and remaining cheese.
7. Bake 25–30 min until bubbly and golden