Low-Carb Cheeseburger Casserole

Description

If youâ??re craving the savory satisfaction of a cheeseburger but want to skip the bun and carbs, this **Low-Carb Cheeseburger Casserole** is the perfect solution. Itâ??s meaty, cheesy, comforting, and easy to make â?? all in one pan. This hearty dish is loaded with ground beef, onions, garlic, and gooey melted cheese, delivering all the flavor of a classic burger without the guilt.

What Is Low-Carb Cheeseburger Casserole?

Think of it as your favorite cheeseburger â?? deconstructed and baked. Instead of using buns, this casserole combines seasoned ground beef with a creamy egg and cheese mixture, then bakes until bubbly and golden. The result is a savory, protein-packed dish thatâ??s naturally low in carbs and keto-friendly.

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Why Youâ??ll Love This Casserole

- â? **Low-carb & keto-approved**
- ð?§? **Loaded with cheesy goodness**
- ð?•½ï¸• **Great for meal prep or weeknight dinners**
- â•±ï¸• **Ready in under an hour**
- ð??ª **High in protein and super filling**

Ingredients

Hereâ??s everything youâ??ll need to make this cozy casserole:

For the Base:

- 1 lb ground beef (80/20 for more flavor)
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- Salt and pepper, to taste
- 1/2 tsp paprika (optional)

For the Creamy Egg Mixture:

- 3 large eggs
- 1/2 cup heavy cream
- 1/2 cup shredded cheddar
- 1/2 tsp mustard (Dijon or yellow)
- 1/4 tsp garlic powder

Topping:

- 1 cup shredded cheddar cheese
- Optional: sliced pickles, cooked bacon, or tomato slices

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How to Make Low-Carb Cheeseburger Casserole

1. Preheat the Oven

Set your oven to 350Â°F (175Â°C) and lightly grease a baking dish (8Ã?8 or similar).

2. Brown the Ground Beef

In a skillet over medium heat, cook the beef until no longer pink. Add chopped onion and garlic, season with salt, pepper, and paprika. Cook until onions are soft. Drain any excess grease.

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3. Make the Egg Mixture

In a bowl, whisk together eggs, heavy cream, mustard, garlic powder, and 1/2 cup shredded cheese until well combined.

4. Assemble the Casserole

Spread the cooked beef mixture evenly into the bottom of the baking dish. Pour the egg and cream mixture over the top. Sprinkle the remaining cheddar cheese on top.

5. Bake

Bake uncovered for 30â??35 minutes, or until the center is set and the top is golden and bubbly.

6. Garnish & Serve

Let it rest for 5 minutes. Top with sliced pickles or crispy bacon if desired. Slice and enjoy!

Optional Add-Ins & Toppings

Get creative with your toppings! Try adding:

- Cooked bacon bits
- Diced pickles for tang
- SautÃ©ed mushrooms
- Tomato slices before baking
- JalapeÃ±os for a spicy twist

Storage & Reheating Tips

- **Refrigerator:** Store leftovers in an airtight container for up to 4 days.
- **Freezer:** Freeze in single portions for easy meal prep (wrap well to avoid freezer burn).
- **Reheat:** Microwave individual slices for 1â??2 minutes or warm in the oven at 300Â°F (150Â°C) for 10â??15 minutes.

Nutrition Information (Per Serving)

(Based on 6 servings and basic ingredients)

- **Calories:** ~370
- **Protein:** ~27g
- **Fat:** ~29g
- **Carbohydrates:** ~3â??5g net
- **Fiber:** ~1g
- **Sugar:** ~1g

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(Exact macros will vary based on toppings and cheese used.)

Serving Suggestions

Pair your low-carb cheeseburger casserole with:

- A side salad with ranch or vinaigrette
- Steamed broccoli or roasted cauliflower
- Zucchini noodles or keto garlic bread

Final Thoughts

This **Low-Carb Cheeseburger Casserole** gives you all the bold burger flavors in a warm, cheesy bake â?? without the carbs. Itâ??s perfect for keto, low-carb, or anyone wanting a comforting dinner without the bun. Whether youâ??re meal prepping or feeding a family, this easy casserole is a must-try.

Category

1. High Protein Recipes

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