

Low Carb Cheesy Beef and Vegetable Bake

- 1 tbs. olive oil
- 1 medium yellow onion, diced
- 2 garlic cloves, minced or pressed
- 1 lb. 90/10 ground beef
- $\frac{3}{4}$ tsp. Kosher salt
- $\frac{1}{2}$ tsp. freshly ground black pepper
- 2 tsp. paprika
- 1 tsp. smoked paprika (or just an additional tsp. of paprika)
- 1 tsp. dried thyme leaves
- 1 lb. riced cauliflower (or 1 head cauliflower, finely chopped)
- 8 oz. shredded cabbage (purple and green mix is fine)
- 1 can petite diced tomatoes, drained
- 1 8-oz. can tomato sauce
- 1 lb. Monterey Jack cheese, shredded

Preheat oven to 350.

In a large Dutch oven or skillet, heat the olive oil over medium-high heat until shimmering. Add in the onion and sauté until translucent (about 8 minutes). Add in the garlic cloves; sauté an additional minute. Add in the ground beef and seasonings (salt through thyme leaves), stir to combine and cook until beef is about half way browned (about 5 minutes).

Add in the cauliflower and cabbage, stir to combine, and cook until beef is browned all the way and vegetables have softened (about 5 minutes). Add in the diced tomatoes and tomato sauce. Remove from heat and add in about 2/3 of the shredded cheese.

Spray a large casserole dish with cooking spray. Pour the beef mixture into the dish, spreading into an even layer. Top with remaining cheese.*

Bake at 350, uncovered, for 40 minutes, until cheese is golden and bubbly. Garnish with chopped chives or flat-leaf parsley and serve with sour cream, if desired.

*If making ahead, cover the casserole with foil and refrigerate or freeze until ready to bake. If freezing, thaw overnight before baking.



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