

# Keto Cheeseburger Casserole Skillet

Annie

This rich and hearty one-pan keto cheeseburger casserole skillet is packed with ground beef, bacon, cream cheese, and cheddar cheese. It's a perfect weekday meal that only takes 20 minutes to make.



PREP TIME

5 mins

COOK TIME

15 mins

TOTAL TIME

20 mins



COURSE

Dinner

CUISINE

American, Comfort Food



SERVINGS

4

CALORIES

423 kcal

## EQUIPMENT

- John Boos Block B12S Maple Wood Edge Grain Cutting Board with Feet, 12 Inches Square, 1.5 Inches Thick
- Utopia Kitchen Pre-Seasoned Cast Iron Skillet - 12.5 Inch - Black

## INGREDIENTS

- 4 slices of bacon chopped into small pieces
- 1 pound ground beef or ground turkey
- 1/2 cup chopped onion about half of one small onion
- 2 tablespoons tomato paste
- 1 teaspoon mustard
- 2 ounces cream cheese
- 1/2 cup chicken or beef broth
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 cup shredded cheddar cheese

## INSTRUCTIONS

1. Heat a large skillet over medium heat. Lightly spray with cooking spray.
2. Cook the chopped bacon until crisp, then remove from the skillet and set aside.

3. Drain off all of the bacon grease except 1 tablespoon. Add the ground beef and onion. Brown the meat and drain off any grease.
4. Add the tomato paste, mustard, cream cheese, broth, and spices. Stir until the cream cheese has melted and a sauce has formed.
5. Reduce the heat to low and top with the cooked bacon and cheddar cheese.
6. Cover the skillet and cook on low for 5-7 minutes until cheese is completely melted.

## NOTES

- Store in an airtight container in the fridge for 4 days, or in the freezer for 3 months.
- Reheat on the stove over medium heat for 5 minutes, or in a microwave on 80% power in 30-second increments.

**Net carbs are 4.8 g per serving**

## NUTRITION

Serving: 1/4 of the skillet	Calories: 423kcal	Carbohydrates: 5.3g	Protein: 25g
Fat: 27.2g	Saturated Fat: 125.7g	Sodium: 608.9mg	Fiber: 0.5g
Sugar: 3g			



### KEYWORD

bacon cheeseburger casserole, keto hamburger casserole, low carb cheeseburger casserole

## Tried this recipe?

Let us know how it was!