

# Cauliflower Tater Tot Casserole

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## INGREDIENTS:

2 LB GROUND BEEF

1 ONION, DICED

4 GARLIC CLOVES, MINCED

2 CANS (10.75 OZ) CANS CREAM OF MUSHROOM SOUP

4 C RICED CAULIFLOWER

4 C SHARP CHEDDAR CHEESE OR AGED GRUYERE, SHREDDED

2 T CHIVES

SALT & PEPPER

## DIRECTIONS:

SAUTE THE ONIONS IN A LARGE SKILLET. ADD THE GARLIC AND BEEF AND BROWN.. ADD SALT AND PEPPER TO THE BEEF AND STIR IN THE CREAM OF MUSHROOM. PLACE IN THE BOTTOM OF A GREASED 9X13 PAN. COOK THE RICED CAULIFLOWER. MIX THE CAULIFLOWER WITH 2 CUPS OF SHREDDED CHEDDAR AND 2 T CHIVES. SPREAD ON TOP OF THE BEEF. TOP WITH THE REMAINING CHEDDAR CHEESE. BAKE AT 350F FOR 40 MINUTES OR UNTIL CHEESE IS BROWNED. 12 SERVINGS.

## FREEZING INSTRUCTIONS:

ADD ALL INGREDIENTS TO A FREEZER SAFE 9X13. SEAL WITH PLASTIC WRAP AND TIN FOIL AND PLACE IN FREEZER. THAW OVERNIGHT. BAKE AS DIRECTED ABOVE.

*MACROS PER SERVING: 286 CAL 6G NET CARBS 17G FAT 25G PROTEIN*