



Cheeseburger Skillet



Entire recipe: 333 calories, 11g total fat (5.5g sat. fat), 777mg sodium, 22.5g carbs, 7g fiber, 9.5g sugars, 38g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

- 1 1/2 cup frozen riced cauliflower
- 1/4 cup finely chopped onion
- 1/4 tsp. garlic powder
- 2 dashes salt
- 2 dashes black pepper
- 4 oz. raw extra-lean ground beef (at least 95% lean)
- 1 cup finely chopped brown mushrooms
- 1/4 cup shredded reduced-fat cheddar cheese
- 2 tsp. yellow mustard
- 1/4 cup chopped tomato
- Optional topping: ketchup

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower rice, onion, 1/8 tsp. garlic powder, and a dash each salt and pepper. Cook and stir until hot and softened, about 3 minutes. Transfer contents to a medium-large bowl. Cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray and return to medium-high heat. Add beef, and season with remaining 1/8 tsp. garlic powder and dash each salt and pepper. Add mushrooms. Cook, stir, and crumble until beef is fully cooked and mushrooms have softened, about 5 minutes.

Add cheese and mustard. Cook and stir until melted and well mixed, about 1 minute.

Add beef mixture to the medium-large bowl, and top with tomato.

MAKES 1 SERVING

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