



Cheesy Taco Casserole



1/6th of casserole: 225 calories, 7.5g total fat (3.5g sat fat), 665mg sodium, 16g carbs, 4.5g fiber, 4.5g sugars, 25g protein

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

Prep: 25 minutes **Cook:** 40 minutes

Cool: 10 minutes



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

5 cups roughly chopped cauliflower, or *HG Alternative*
1 cup shredded reduced-fat Mexican-blend cheese
2 tsp. ground cumin
1 1/2 tsp. chili powder
1 tsp. salt
1/4 tsp. onion powder
1/4 tsp. garlic powder
1/4 tsp. paprika
1 lb. raw extra-lean ground beef (4% fat or less), or *HG Alternative*
2 cups chopped brown mushrooms
1/2 cup chopped onion
1/2 cup chopped green bell pepper
1/2 cup frozen sweet corn kernels, slightly thawed
1/2 cup canned black beans, drained and rinsed
1 cup seeded and chopped tomatoes

Directions

Preheat oven to 375 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Cook and stir cauliflower until partially softened, 6 - 8 minutes.

Transfer cauliflower to a large bowl. Add 1/2 cup cheese, 1 tsp. cumin, 1/2 tsp. chili powder, 1/2 tsp. salt, and 1/8 tsp. each onion powder, garlic powder, and paprika. Mix thoroughly.

Evenly transfer cauliflower mixture to the baking pan, and smooth out the surface.

Clean skillet, if needed. Re-spray and bring to medium-high heat. Add beef, mushrooms, onion, and pepper. Sprinkle with remaining 1 tsp. cumin, 1 tsp. chili powder, 1/2 tsp. salt, and 1/8 tsp. each onion powder, garlic powder, and paprika. Cook, stir, and crumble until beef is fully cooked and veggies have softened, about 8 minutes.

Using a slotted spoon, transfer skillet contents to the large bowl. Stir in corn and beans.

Spread beef mixture over cauliflower layer in the baking pan, and smooth out the top. Top with tomatoes and remaining 1/2 cup cheese.

Bake until entire dish is hot and cheese has melted, about 20 minutes.

Let stand for 10 minutes before slicing.

MAKES 6 SERVINGS

HG Alternative: Instead of blending 5 cups of roughly chopped cauliflower into rice-sized pieces, use 4 1/2 cups of premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green

Giant.

HG Alternative: If made with lean ground turkey (7% fat or less), each serving will have 235 calories, 9.5g total fat (4g sat fat), 678mg sodium, 16g carbs, 4.5g fiber, 4.5g sugars and 24.5g protein (**SmartPoints®** values*: 5 on **Green Plan**, 4 on **Blue Plan**, 4 on **Purple Plan**).

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints®** values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints®** trademark.

Publish Date: April 20, 2016

Author: Hungry Girl

Copyright © 2020 Hungry Girl. All Rights Reserved.