



## 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

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

**Cool:** 10 minutes



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### 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**).

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