Prep Time: 15 minutes
Cook Time: 35 minutes
Total Time: 50 minutes
Servings: 6

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Introduction

If you are following a ketogenic or low-carb lifestyle, you know how challenging it can be to find meals that are both satisfying and bursting with flavor. Enter this Keto Taco Casserole—a hearty, cheesy, and utterly delicious dish that proves low-carb eating never has to mean sacrificing taste. This casserole layers seasoned ground beef, a rich and creamy egg-based base, vibrant vegetables, and plenty of melted cheese into one unforgettable meal.

Think of it as a taco night reinvented: all the bold, zesty flavors of your favorite Mexican-inspired dishes, baked into a comforting casserole that the whole family will love. With just 6 grams of net carbs per serving and a generous 24 grams of protein, this dish keeps you full

and energized without kicking you out of ketosis. Whether you are a seasoned keto veteran or simply looking for a healthier weeknight dinner, this casserole is destined to become a regular in your rotation.

Ingredients

For the Beef Layer:

- 1 ½ lbs ground beef (80/20 for best flavor)
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 (4 oz) can diced green chiles, undrained
- 2 tablespoons taco seasoning (check for no added sugar)
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- ½ teaspoon smoked paprika
- ½ teaspoon salt (adjust to taste)

- ¼ teaspoon black pepper

For the Casserole Base:

- 6 large eggs
- ½ cup heavy whipping cream
- ¼ cup sour cream
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon salt
- ¼ teaspoon black pepper

For the Layers & Topping:

- 2 cups shredded cheddar cheese, divided
- 1 cup shredded Monterey Jack cheese (or pepper jack for heat)

- ½ cup sliced black olives (optional)
- ¼ cup diced fresh tomatoes (or drained canned diced tomatoes)
- 2 green onions, sliced
- ¼ cup chopped fresh cilantro

For Serving (Optional):

- Sour cream
- Guacamole or sliced avocado
- Salsa (check for no added sugar)
- Hot sauce

Equipment

- 9×13-inch baking dish
- Large skillet

- Mixing bowl
- Whisk
- Wooden spoon or spatula
- Chef’s knife and cutting board
- Measuring cups and spoons

Instructions

Phase 1: Prep & Preheat (Time: 5 Minutes | Intensity: Low)

1. Preheat the Oven: Preheat your oven to 375°F (190°C). Lightly grease a 9×13-inch baking dish with butter or cooking spray.

2. Prep the Ingredients: Dice the onion, mince the garlic, slice the green onions, and chop the cilantro. Set aside.

Phase 2: Cook the Beef Layer (Time: 10 Minutes | Intensity:

Medium-High)

1. Brown the Beef: Heat a large skillet over medium-high heat. Add the ground beef and cook, breaking it apart with a wooden spoon, until fully browned (about 6-8 minutes). Drain any excess grease, leaving about 1 tablespoon in the pan for flavor.

2. Sauté Aromatics: Add the diced onion and minced garlic to the skillet. Cook for 2-3 minutes until softened and fragrant.

3. Season: Stir in the taco seasoning, chili powder, cumin, smoked paprika, salt, and pepper. Add the diced green chiles with their liquid. Cook for another 2 minutes, stirring constantly, until the mixture is well coated and fragrant.

4. Remove from Heat: Remove the skillet from the heat and set aside.

Phase 3: Prepare the Casserole Base (Time: 3 Minutes | Intensity: Low)

1. Whisk the Eggs: In a medium mixing bowl, whisk together the eggs, heavy whipping cream, sour cream, garlic powder, onion powder, salt, and pepper until smooth and fully combined.

Phase 4: Assemble the Casserole (Time: 5 Minutes | Intensity: Low)

1. First Layer (Beef): Spread the seasoned ground beef mixture evenly across the bottom

of the prepared baking dish.

2. Second Layer (Cheese): Sprinkle 1 ½ cups of shredded cheddar cheese evenly over the beef.

3. Third Layer (Egg Mixture): Pour the egg and cream mixture evenly over the cheese and beef. Tilt the dish gently to ensure the mixture spreads evenly.

4. Fourth Layer (Toppings): Sprinkle the remaining ½ cup of cheddar cheese and the Monterey Jack cheese over the top. Scatter the sliced black olives and diced tomatoes over the cheese.

Phase 5: Bake (Time: 30-35 Minutes | Intensity: Low)

1. Bake: Transfer the baking dish to the preheated oven and bake for 30 to 35 minutes, until the center is set and a knife inserted into the middle comes out clean.

2. Broil (Optional): For a golden, bubbly top, switch the oven to broil for the last 2-3 minutes. Watch carefully to prevent burning.

3. Rest: Remove from the oven and let the casserole rest for 5-10 minutes before slicing. This allows the layers to set and makes serving easier.

Phase 6: Garnish & Serve (Time: 2 Minutes | Intensity: Low)

1. Garnish: Sprinkle the sliced green onions and chopped fresh cilantro over the top of the

casserole.

2. Serve: Slice into 6 equal portions and serve with sour cream, guacamole, salsa, or hot sauce on the side.

Flavor Variations

- Spicy Keto: Use pepper jack cheese instead of Monterey Jack and add a diced jalapeño to the beef mixture for extra heat.
- Chicken Taco Casserole: Substitute the ground beef with 3 cups of shredded cooked chicken. Reduce the taco seasoning to 1 tablespoon.
- Veggie-Packed: Add 1 cup of sautéed zucchini, cauliflower rice, or spinach to the beef layer for extra nutrients.
- Creamy Jalapeño: Add 4 oz of softened cream cheese and 2 diced jalapeños to the beef mixture for a creamy, spicy twist.
- Dairy-Free: Substitute the heavy cream with full-fat coconut milk, the sour cream with a dairy-free alternative, and use dairy-free shredded cheese.

Nutrition

Note: Nutritional information is an estimate based on standard ingredients and does not include optional garnishes or serving suggestions.

Serving Size: 1/6 of casserole
Calories: 485
Total Fat: 36g
Saturated Fat: 17g
Cholesterol: 260mg
Sodium: 780mg
Total Carbohydrates: 7g
Dietary Fiber: 1g
Net Carbs: 6g
Sugars: 3g
Protein: 24g