

# Gluten Free, Keto Friendly Mexican Casserole

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Here is a super easy recipe to make and it actually works great if you are in a pinch for time.



## Ingredients:

- 4-6 Tbsp of **taco seasoning**
- 2 pounds ground beef
- 1/2 cup onion, chopped, 2 3/4 ounces
- 1 cup salsa (Tostitos and Pace have gluten free salsas)
- 1 cup cottage cheese
- 8 ounces cream cheese
- 16 ounces mexican style cheese, shredded

## Directions:

1. Preheat the oven to 375 degrees
2. In a **large pot**, brown the ground beef and onion
3. Stir in the **taco seasoning**, salsa and salt to taste
4. Stir the cottage cheese, cream cheese into the meat mixture along with half of the mexican style cheese, and keep on the stove until it becomes bubbly.
5. Pour into a **9x13 baking dish**. Top with the remaining cheese and bake at 350° for 15 to 20 minutes or until the cheese is melted.



Cooking the beef and the onions



Adding the salsa to the **large pot**



Adding the Neufenchtal Cheese and the cottage cheese while the pot is on the stove. This helps to have the stove on still as it helps it soften and mix in very easily.



Adding the mixture to the **9x13 baking dish**

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Adding the cheese to the top of the casserole



Once the casserole is done baking.



### Nutrition Facts

Servings 6.0

Amount Per Serving

**calories 468**

% Daily Value \*

**Total Fat 30 g** 46 %

**Saturated Fat 15 g** 76 %

Monounsaturated Fat 0 g  
Polyunsaturated Fat 0 g  
Trans Fat 0 g  
**Cholesterol 148 mg 49 %**  
**Sodium 993 mg 41 %**  
**Potassium 34 mg 1 %**  
**Total Carbohydrate 6 g 2 %**  
**Dietary Fiber 0 g 0 %**  
**Sugars 4 g**  
**Protein 40 g 79 %**  
Vitamin A 13 %  
Vitamin C 0 %  
Calcium 8 %  
Iron 21 %