

Meals & Cooking > Recipes

Keto Taco Casserole

by **laura rege** UPDATED: AUG 26, 2020**YIELDS:**

6 serving(s)

PREP TIME:

15 mins

TOTAL TIME:

1 hr

Ingredients

- 1 **tbsp.** extra-virgin olive oil
- 1/2 yellow onion, diced
- 2 **lb.** ground beef
- 2 **tbsp.** kosher salt
- Freshly ground black pepper
- 2 **tbsp.** keto taco seasoning mix
- 1 jalapeño, seeded and minced, plus more sliced for garnish
- 6 large eggs, lightly beaten
- 2 **c.** shredded Mexican cheese
- 2 **tbsp.** freshly chopped parsley leaves
- 1 **c.** sour cream, for serving (optional)

Directions

[SAVE TO MY RECIPES](#)**Step 1**

Preheat oven to 350°. In a large skillet over medium heat, heat oil. Add onion and cook until slightly softened, 2 minutes.

Step 2

Add ground beef and season with salt and pepper. Cook, breaking up meat with a wooden spoon, until no longer pink, 6 minutes. Sprinkle in taco seasoning and jalapeño and cook, stirring, until spices are lightly toasted, 1 minute. Drain and let cool slightly.

Step 3

In a large mixing bowl, whisk eggs, then add in meat mixture. Spread mixture into an even layer in the bottom of a 2-quart baking dish. Sprinkle with cheese.

Step 4

Bake until set, about 25 minutes.

Step 5

Sprinkle with parsley and top each slice with a dollop of sour cream and jalapeño, if desired.