



# Ground beef with Cauliflower casserole

## Ingredients

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 1 medium green bell pepper, chopped
- 1 pound lean ground beef
- 3 cups cauliflower florets (bite-size)
- 3 cloves garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon ground chipotle or smoked paprika
- 1 (15-ounce) can no-salt-added petite diced tomatoes (with juices)
- 2 cups shredded extra-sharp Cheddar cheese
- ⅓ cup sliced pickled jalapeños

## Instructions

### Step 1: Preheat the Oven

Position your oven rack in the upper third and preheat the broiler on high.

### Step 2: Sauté the Vegetables and Beef

In a large broiler-safe skillet, heat the olive oil over medium heat. Add the onion and bell pepper. Sauté for about 5 minutes, until softened.

Add the ground beef and cauliflower. Cook, stirring often and breaking up the meat, until the beef is browned and the cauliflower begins to soften, about 5–7 minutes.

### Step 3: Season and Simmer

Stir in the garlic, chili powder, cumin, oregano, salt, and chipotle. Cook for about 1 minute until fragrant.

Add the diced tomatoes with their juices. Bring to a simmer and cook for 3–4 more minutes, stirring occasionally, until the cauliflower is tender and the liquid has slightly reduced.

### Step 4: Add the Toppings and Broil

Remove the skillet from the heat. Sprinkle the shredded cheese evenly over the top and scatter the sliced jalapeños.

Place the skillet under the broiler and cook for 2–3 minutes, or until the cheese is melted and lightly browned in spots.

**Step 5: Serve**

Let cool slightly, then serve warm—optionally with sour cream, avocado, or tortilla chips on the side.