



# Loaded Cauliflower Casserole

We love low carb and Keto casserole recipes. They're super easy to make and you can really pack in a lot of flavor on a budget! If you're looking for leftovers, make ahead meals, or drop off dinners for new parents, casseroles are always a hit!

## Recipe:

Mix Together:

4 C Cauliflower and/or Broccoli

2T Butter

Pinch Salt

¼ tsp Pepper

⅓ C Bacon Bits

¼ C Green Onions

⅓ C Heavy Cream

½ C Sour Cream

1 C Cheddar Cheese

Put in baking dish and add on top:

1 Can diced tomatoes (optional)

½ C Cheddar Cheese



Bake at 400 for 30 minutes.

## The Keto Dad Tips and Tricks:

- Bacon tip: Bake a pan in the oven and keep the cooked bacon in a ziploc in the freezer! Ready to go with your next recipe!
- Use whatever mixture of Broccoli and Cauliflower your family likes - or that you have on hand! You can't go wrong with either!
- Cut down on carbs by reducing the canned tomatoes - they add in 2 extra carbs per serving!

Serving size: Serves 6

Calories: 398, Fat: 26g, Carbs: 11g, Fiber: 3g, (Net Carbs 7) Protein: 12g

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