



This easy 30-minute keto cheeseburger casserole is hearty, filling, and an excellent alternative to a classic cheeseburger. You can make it as written and serve it with a side of veggies, or mix in veggies such as cauliflower rice or spinach and turn it into a complete meal.



Casseroles are so easy. You place a few ingredients in a baking dish, put it in the oven, and dinner is ready 30-60 minutes later! This cheeseburger casserole is delicious in a



delightfully non-gourmet sort of way. Grownups and kids alike enjoy it. Like most casseroles, it's a forgiving and flexible recipe, so you can experiment with different mix-ins and spices.

Ingredients





You'll only need a few simple ingredients to make this recipe. The exact measurements are included in the recipe card below. Here's an overview of what you'll need:

- **Olive oil:** My favorite oil to cook with! It's so flavorful. Other options include avocado oil and ghee.
- **Extra-lean ground beef:** I prefer to use extra-lean ground beef (93% lean) because I drain the rendered fat anyway. However, using lean ground beef (85% lean) is OK if that's what you have. As you can see in the photo above, I sometimes use it.
- **Onion and garlic.** Sometimes, when I'm lazy, I sub onion and garlic powders - two teaspoons of each. But it's not as good.
- **Kosher salt and black pepper:** I use Diamond Crystal Kosher Salt.
- **Mayonnaise:** I prefer mayonnaise made with avocado oil.
- **Ketchup:** I use unsweetened ketchup.
- **Mustard:** I usually like Dijon mustard. But in this recipe, yellow mustard works too.
- **Shredded cheddar:** I like to use sharp or extra-sharp cheddar. It greatly enhances the flavor of this casserole.

Variations

The best thing about this recipe is how simple it is to make. But if you'd like to experiment a little, here are a few ideas for you:

- Add crumbled cooked bacon. I love the flavor it adds.
- You can make this recipe with ground chicken or turkey thighs. It won't be the same, but it's still good. I recommend using ground chicken thighs, not chicken breast, which is too lean.
- Add your favorite spices, even if they're not classic cheeseburger seasonings. Smoked paprika and chili powder are excellent in this recipe. You can add a teaspoon of each.
- Sometimes, I mix sliced pickled jalapenos into the beef mixture before baking it.

Storing Leftovers

You can keep the leftovers in an airtight container in the fridge for 3-4 days. Reheat them gently in the microwave at 50% power. You can also freeze individual servings for up to three months.



Serving Suggestions

This cheeseburger casserole is very rich. To balance out its richness, I recommend skipping the starches and serving it with a side veggie. A few options I like:

- Boiled green beans
- Roasted asparagus
- Arugula salad
- Roasted asparagus
- Sauteed green beans
- Steamed spinach
- Steamed broccoli

Cheeseburger Casserole

This easy 30-minute keto cheeseburger casserole is hearty, filling, and an excellent alternative to a classic cheeseburger. Prep Time 15 mins Cook Time 15 mins Total Time 30 mins Course: Main Course Cuisine: American Servings: 6 servings Calories: 458 kcal

Ingredients

- Olive oil spray - for the baking dish
- 2 tablespoons olive oil
- 2 pounds extra-lean ground beef
- 1 medium onion - finely chopped; 6 ounces
- 2 teaspoons Diamond Crystal kosher salt - see notes below
- ¼ teaspoon black pepper
- 1 tablespoon fresh garlic - minced
- ¼ cup mayonnaise
- ¼ cup unsweetened ketchup
- 1 tablespoon mustard
- 1 ½ cup cheddar - sharp, shredded, divided; 6 ounces total

Instructions

- Preheat your oven to 400°F. Spray a 2-quart baking dish with olive oil.
- Heat the olive oil in a large skillet over medium-high heat for about 2 minutes. Add the beef and the onions. Cook, stirring to break up the beef until the meat is browned and the onion is soft, for about 5 minutes.



- If there are liquids at the bottom of the skillet, carefully drain the mixture and return it to the skillet. Stir in the kosher salt, black pepper, and garlic. Cook, stirring, for 1 more minute.
- Turn the heat off. Stir in the mayonnaise, unsweetened ketchup, mustard, and 1 cup of shredded cheddar.
- Transfer the mixture to the prepared baking dish. Sprinkle with the remaining cheese.
- Bake until the cheese is melted and the casserole is heated through, for about 15 minutes. Alternatively, if your baking dish is broiler-safe, broil the casserole 6 inches below the heating element (not directly below) until the cheese is melted, 1-2 minutes. Serve immediately.

Notes

- If you'd like to turn this casserole into a complete meal, add 1-2 cups of uncooked riced cauliflower to the ground beef/onion and cook everything together. You'll need to increase the olive oil by 1-2 tablespoons.
- If using any salt other than Diamond Crystal Kosher Salt, including Morton kosher salt, use half the amount listed.
- You can make this recipe with ground chicken or turkey thighs. It won't be the same, but it's still good. I recommend using ground chicken thighs, not chicken breast, which is too lean.
- You can keep the leftovers in an airtight container in the fridge for 3-4 days. Reheat them gently in the microwave at 50% power. You can also freeze individual servings for up to three months.

Nutrition per Serving

Calories: 458 kcal | Carbohydrates: 4 g | Protein: 38 g | Fat: 31 g | Saturated Fat: 7 g | Sodium: 771 mg | Sugar: 2 g