

Cheeseburger Cauli-mac

1lb ground beef

1-2 lbs riced cauliflower

1/2 cup diced onion

Sauce: 1 cup shredded cheddar

1/2 cup sour cream

4 oz cream cheese

2T butter

1/2 c heavy whipping cream

Preheat oven to 350. Cook cauliflower in microwave then drain on layers of paper towels. You want to remove as much water as possible. In a sauce pan, melt butter then add cream cheese and cream. Stir until the cream cheese has melted. Add in sour cream, stir until combined. Finally add shredded cheese and stir until the cheese is melted. Assemble the dish. Butter a casserole dish, add cauliflower, then the ground beef and onions. Pour cheese sauce evenly over the top. Top with additional shredded cheese if you like. Bake for 15-20 minutes.

Chili

1 lb ground beef

1 medium onion

Chili seasoning

1 can tomato paste

3 cans diced tomatoes

1 cup water

In your chili pot on medium heat, combined ground beef, seasoning, and one cup of water. Stir and heat until bubbling. Simmer until it begins to thicken. Add tomato paste and stir until well incorporated. Finally, add diced tomatoes and simmer until to desired thickness.

Lasagna Soup (Instant Pot)

1 lb ground beef

1 jar of Rao's (your favorite pasta sauce)

1 block cream cheese

1 medium onion, sliced

Sliced Mushrooms (your favorite)

1-2 zucchini, diced

1 T minced garlic

1/2-1 cup shredded mozzarella

In the instant pot, place 1/2 cup of water, zucchini, mushrooms, onions and garlic. Close steam valve and set to manual, one minute. Once finished, do a quick release and drain the veggies. Drain any remaining water in the IP. Return the veggies to the IP and add ground beef, sauce, and the block of cream cheese. Again, set to manual one minute. Quick release and STIR! Remove the pot from the IP and stir in mozzarella.