

Taco Cauliflower Rice Casserole (Unboundwellness.com)

1 lb. ground beef	¼ t. pepper
½ onion, diced	2 c. cauliflower rice
2 t. garlic powder	1 can diced tomatoes (14.5 oz)
1 t. oregano	6-8 grain free tortillas (Siete Almond or Cassava Flour Tortillas)
2 t. cilantro (dried)	
1 t. cumin	
1 t. salt	

Toppings:

½ c. shredded cheese	Cilantro
Sliced black olives	Green Onions
Red onions	Limes
Avocados	

Instructions:

1. Preheat oven to 375° and grease an 8x8 baking dish. Set aside.
2. Sauté onion and ground beef in large skillet in oil on medium heat. Season with salt, pepper, cumin, oregano, and cilantro.
3. Add the cauliflower rice to the browned beef mixture and sauté for 3-4 minutes before adding the tomatoes. Stir and simmer for another 3-5 minutes or until the cauliflower rice is tender. Remove from heat and set aside.
4. Add a tortilla to the bottom of the baking dish, slice another tortilla into strips to cover any open spaces on the bottom of the baking dish. Add about ¼ of the mixture on top of the tortillas. Repeat layers for two more layers and top with cheese if desired.
5. Bake for 12-15 minutes. Serve with desired toppings.