

Cheesy Keto Hamburger Broccoli Skillet (Ready in 20 Minutes!)

Keto Hamburger Broccoli Skillet ???



TIME
20 min

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INGREDIENTS

- 1 lb ground beef (80/20 recommended)
- 2 cups broccoli florets
- 1 cup shredded cheddar cheese
- 1 tbsp olive oil
- 1 tsp garlic powder
- 1 tsp onion powder
- Salt and pepper, to taste
- 2 tbsp heavy cream
- ... tsp red pepper flakes (optional, for heat)

DIRECTIONS

- 1. SautØ the Beef:** Heat olive oil in a large skillet over medium heat. Add ground beef and cook for 5-7 minutes, breaking it apart, until fully browned.
- 2. Add the Broccoli & Seasonings:** Toss in broccoli florets, garlic powder, onion powder, salt, pepper, and red pepper flakes. Cook for another 5-7 minutes, stirring occasionally, until broccoli is bright green and tender-crisp.
- 3. Make It Creamy:** Lower the heat and stir in heavy cream and half of the shredded cheese. Mix until the cheese is fully melted and the mixture is creamy.
- 4. Finish & Serve:** Sprinkle the rest of the cheese over the skillet. Cover and cook for 2-3 more minutes, until the cheese is melted and bubbly.
- 5. Serve hot and enjoy the cheesy, meaty, keto magic.**

SWAPS & NOTES

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