

## Low-Carb Bacon Cheeseburger Casserole - A Keto Favorite!

Low-Carb Bacon Cheeseburger Casserole: Keto Comfort Food Done Right



**OVEN**  
**350°F**

**TIME**  
**35 min**

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### INGREDIENTS

- 2 pounds ground beef
- 2 cloves garlic, minced
- $\frac{1}{2}$  teaspoon onion powder
- 1 pound cooked bacon, chopped
- 8 eggs
- 1 cup heavy whipping cream
- $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon ground black pepper
- 1 (12 oz) package shredded Cheddar cheese, divided

### DIRECTIONS

- 1.** Preheat : Oven: Set your oven to 350°F (175°C).
- 2.** Cook : Beef: In a skillet over medium-high heat, brown the ground beef with garlic and onion powder until cooked through. Drain excess grease.
- 3.** Layer : Beef & Bacon: Spread cooked beef evenly into a greased 9x13-inch casserole dish. Mix in the chopped cooked bacon.
- 4.** Mix : Egg Base: In a bowl, whisk together the eggs, heavy cream, salt, pepper, and 8 oz of shredded cheese.
- 5.** Assemble: Pour the egg mixture over the beef and bacon. Sprinkle remaining 4 oz of cheese on top.
- 6.** Bake: Place in oven and bake for 30-35 minutes, or until golden and set in the center.

### SWAPS & NOTES

& Swaps Beef: Ground turkey or sausage can be used for variety.

Cheese: Try a blend of cheddar and mozzarella for an extra creamy texture.

Add-ins: Chopped pickles, mustard, or diced tomatoes add even more burger flair.

Step-by-Step Instructions Preheat Oven: Set your oven to 350°F (175°C).

### TIPS FOR SUCCESS

Don't Overbake: Remove the casserole as soon as the center is firm-it will continue to cook slightly as it rests.

Let It Rest: Allow to cool for 5-10 minutes before slicing for clean, easy servings.

Meal Prep Friendly: This dish freezes and reheats like a champ!

