

How to Make the Best Cheesy Bacon Cheeseburger Casserole (Low-Carb & Gluten-Free)

The Ultimate Low-Carb Bacon Cheeseburger Casserole



OVEN
350°F

TIME
7 min

PRINT
Recipe Card

SAVE
PDF

INGREDIENTS

2 lbs Ground Beef: I recommend using an 80/20 or 85/15 blend for the best flavor and moisture.

2 Cloves Garlic: Freshly minced for that aromatic kick.

$\frac{1}{2}$ tsp Onion Powder: Provides that classic burger seasoning profile.

1 lb Cooked Bacon: Chopped into bite-sized pieces. Use thick-cut bacon for extra texture!

8 Large Eggs: This acts as the binder for the casserole.

1 Cup Heavy Whipping Cream: Creates a rich, custard-like texture that holds the beef together.

$\frac{1}{2}$ tsp Salt & ... tsp Ground Black Pepper: To taste.

12 oz Shredded Cheddar Cheese: Divided (8 oz for the filling, 4 oz for the topping).

Swaps and Notes:

The Meat: You can easily swap the ground beef for ground turkey or chicken if you want a leaner profile, though the fat in the beef provides that signature "burger" taste.

The Cheese: While sharp cheddar is my go-to, a Pepper Jack or Colby Jack swap works beautifully if you want a little more zing.

Veggie Add-ins: Feel free to stir in some sautéed mushrooms or diced green peppers if you want to sneak in more nutrients.

Step-by-Step Directions:

Prep the Oven: Preheat your oven to 350°F (175°C). Grease a 9x13-inch baking dish lightly with avocado oil or butter.

Cook the Beef: In a large skillet over medium-high heat, cook the ground beef with the minced garlic and onion powder. Break it up with a spatula until browned and crumbly (usually 5-7 minutes). Be sure to drain the excess grease so the casserole isn't oily.

Layer the Base: Spread the seasoned beef evenly into the bottom of your prepared casserole dish. Stir in your chopped bacon pieces so they are well-distributed.

Whisk the Filling: In a medium mixing bowl, whisk together the eggs, heavy cream, salt, and pepper until smooth. Fold in 8 oz of the shredded Cheddar cheese.

Assemble: Pour the egg and cheese mixture evenly over the beef and bacon. Use a fork to gently "poke" the mixture so the liquid seeps down into the crevices of the meat. Sprinkle the remaining 4 oz of cheese across the top.

Bake: Place the dish in the oven and bake for 30-35 minutes. You'll know it's done when the center is set (it shouldn't jiggle) and the cheese on top is golden and bubbling.

Tips for Success:

Drain Well: This is the most important step. Ground beef can release a lot of liquid; if you don't drain it, the bottom of your casserole will be soggy.

Freshly Grated Cheese: If you have the time, grate your own cheddar from a block. Pre-shredded cheese is coated in potato starch to prevent clumping, which can affect how smoothly it melts.

Let it Rest: Allow the casserole to sit for about 5-10 minutes after taking it out of the oven. This helps the "custard" finish setting, making it much easier to slice into clean squares.

Serving Suggestions and Pairings:

Nutritional Information (Per Serving):

Calories: 540 kcal

Fat: 42g

Protein: 36g

Total Carbs: 3g

Net Carbs: 3g

Storage and Leftover Tips:

Fridge: Store leftovers in an airtight container for up to 4 days.

Reheating: Microwave individual slices for 60-90 seconds, or pop them back in the oven at 350°F until warmed through.

Freezing: You can freeze the cooked casserole! Slice it into portions, wrap tightly in foil, and

place in a freezer bag. Thaw in the fridge overnight before reheating.

More Recipes You Will Love:

DIRECTIONS

1. **Prep the : Oven:** Preheat your oven to 350°F (175°C). Grease a 9x13-inch baking dish lightly with avocado oil or butter.
2. **Cook the : Beef:** In a large skillet over medium-high heat, cook the ground beef with the minced garlic and onion powder. Break it up with a spatula until browned and crumbly (usually 5-7 minutes). Be sure to drain the excess grease so the casserole isn't oily.
3. **Layer the : Base:** Spread the seasoned beef evenly into the bottom of your prepared casserole dish. Stir in your chopped bacon pieces so they are well-distributed.
4. **Whisk the : Filling:** In a medium mixing bowl, whisk together the eggs, heavy cream, salt, and pepper until smooth. Fold in 8 oz of the shredded Cheddar cheese.
5. **Assemble:** Pour the egg and cheese mixture evenly over the beef and bacon. Use a fork to gently "poke" the mixture so the liquid seeps down into the crevices of the meat. Sprinkle the remaining 4 oz of cheese across the top.
6. **Bake:** Place the dish in the oven and bake for 30-35 minutes. You'll know it's done when the center is set (it shouldn't jiggle) and the cheese on top is golden and bubbling.
7. **Tips for Success: Drain Well:** This is the most important step. Ground beef can release a lot of liquid; if you don't drain it, the bottom of your casserole will be soggy.
8. **Freshly : Grated Cheese:** If you have the time, grate your own cheddar from a block. Pre-shredded cheese is coated in potato starch to prevent clumping, which can

affect how smoothly it melts.

9. Let it : Rest: Allow the casserole to sit for about 5-10 minutes after taking it out of the oven. This helps the "custard" finish setting, making it much easier to slice into clean squares.
10. Serving Suggestions and Pairings: To keep the "cheeseburger" theme alive, I love serving this with a side of sliced dill pickles, a dollop of sugar-free ketchup, and some yellow mustard.
11. If you aren't worried about carbs for the whole family, this casserole makes a fantastic companion to Sheet Pan Quesadillas or even a side of Totchos for the kids. For a lighter pairing, a crisp Caesar salad or steamed broccoli works perfectly.
12. Nutritional Information (Per Serving): Estimate based on 8 servings:
13. Calories: 540 kcal
14. Fat: 42g
15. Protein: 36g
16. Total : Carbs: 3g
17. Net : Carbs: 3g
18. Storage and Leftover Tips: One of the best things about this dish is that it tastes even better the next day.
19. Fridge: Store leftovers in an airtight container for up to 4 days.
20. Reheating: Microwave individual slices for 60-90 seconds, or pop them back in the oven at 350°F until warmed through.
21. Freezing: You can freeze the cooked casserole! Slice it into portions, wrap tightly in foil, and place in a freezer bag. Thaw in the fridge overnight before reheating.
22. More Recipes You Will Love: If you enjoyed this easy dinner, you have to try some of my other favorite shortcuts:
23. This : Dorito Casserole - A family favorite for when you want a crunch!
24. Mexican : Chicken and Rice Casserole - Perfect for Taco Tuesday.
25. Crockpot : Nacho Dip - The ultimate game-day appetizer.

SWAPS & NOTES

The Meat: You can easily swap the ground beef for ground turkey or chicken if you want a leaner profile, though the fat in the beef provides that signature "burger" taste.

The Cheese: While sharp cheddar is my go-to, a Pepper Jack or Colby Jack swap works beautifully if you want a little more zing.

Veggie Add-ins: Feel free to stir in some sautéed mushrooms or diced green peppers if you want to sneak in more nutrients.

Step-by-Step Directions Prep the Oven: Preheat your oven to 350°F (175°C) .

TIPS FOR SUCCESS

Drain Well: This is the most important step.

Ground beef can release a lot of liquid; if you don't drain it, the bottom of your casserole will be soggy.

Freshly Grated Cheese: If you have the time, grate your own cheddar from a block.

Pre-shredded cheese is coated in potato starch to prevent clumping, which can affect how smoothly it melts.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/how-to-make-the-best-cheesy-bacon-cheeseburger-casserole-low-carb-gluten-free/>