



Keto Italian Casserole

Ingredients

1. 4 oz Ricotta Cheese part skim
2. 2 tbsp egg beaters or egg whites
3. 6 oz mozzarella cheese
4. 1 1/2 cup crushed canned tomatoes
5. 12 oz ground beef or impossible meat
6. 3 tbsp Parmesan cheese
7. 1 tsp garlic salt
8. 1/2 tsp italian seasonings

Serves: 3-4

Instructions

1. Preheat oven to 350 F
2. Cook ground beef in skillet until thoroughly cooked
3. Add tomatoes and garlic salt to beef, mix
4. Simmer for 5-7 minutes stirring constantly, then remove from heat
5. In a separate bowl, mix Ricotta cheese, 3/4 cup shredded mozzarella cheese, Parmesan cheese, egg beaters or whites, italian seasoning
6. Spray casserole dish with no stick cooking spray
7. Fill bottom of casserole dish with meat mixture and top with Ricotta cheese mixture
8. Sprinkle remaining mozzarella cheese on top
9. Bake 35 minutes

Prep Time: 50 minutes