

Layered Ground Beef Casserole

Recipe courtesy of <http://www.best-low-carb-recipes.com/>

Makes 4 servings

PER SERVING:

597.5 Calories

8.1g Carbs

1.25g Fiber

6.85g Net Carbs

42.1g Fat

44.5g Grams

(63% Fat, 31.6% Protein, 5.4% Carbs)

INGREDIENTS

4 strips bacon, finely chopped and fried crispy tender (keep bacon grease)

500g (1 lb) ground beef

1 tbsp finely minced garlic

3 tbsp finely chopped shallot or onion

3 tbsp finely chopped celery

1/2 tsp Italian seasonings

3 tbsp tomato paste

1 egg

1/2 tsp salt and pepper each

1/2 tsp hot pepper flakes

1/4 cup chopped fresh parsley

3/4 cup full fat ricotta cheese

85g (3 oz) mozzarella

2 tbsp sliced green olives

Directions:

Pre-heat the oven to 350F.

In a large bowl, prepare the meat mixture by thoroughly combining the garlic, shallots, celery, Italian seasonings, tomato paste, egg, salt, pepper, pepper flakes and parsley.

Use a paper towel soaked in the reserved bacon fat to grease an 8" x 6 " casserole dish.

Place half the meat mixture into the dish, patting it down evenly. Top with 1/2 the ricotta, 1/2 the bacon and 1/2 the mozzarella.

Place the rest of the meat on top, spooning it evenly all over and patting down evenly. Top with the remaining cheeses and bacon. Sprinkle with the sliced olives.

Bake uncovered for 45 minutes or until temperature reaches 160°F.

Let sit for about 5-10 minutes before cutting into 4 portions.

<http://www.best-low-carb-recipes.com/>