

Keto Ground Beef Enchiladas

Prep: 15 minutes Cook: 6 minutes 🍳 Serves 2

Use these shredded cheese tortillas to make tasty keto-friendly enchiladas!

INGREDIENTS

- 2 cups cheese, shredded
- 2 cups prepared ground beef, taco seasoned
- 1/4 cup red enchilada sauce
- 2 teaspoons sour cream
- 1 green onion, sliced

DIRECTIONS

- 1 Preheat oven to 350 degrees. Prepare a baking sheet pan with parchment paper or silicone mat.
- 2 Arrange shredded cheese into four separate circles on the sheet pan.
- 3 Bake for about 6 minutes until cheese is bubbling and the outside of the cheese circles starts to brown.
- 4 While still warm and bendable, flip each cheese circle over. Roll each one with 1/2 cup ground beef, and pour enchilada sauce over the top.
- 5 Add sour cream and sliced onion.

NUTRITIONAL INFORMATION

Yield: 2 servings, Serving Size: 2 enchiladas

Amount Per Serving: Calories: 780, Total Carbohydrates: 9g, Fiber: 3g, Net Carbohydrates: 6g, Total Fat: 57g, Protein: 54g

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