

Ground Turkey Casserole (with Cauliflower Rice) has peppers, mushrooms, Monterey Jack, and Feta to kick up the flavors, and it's delicious! And this tasty casserole with ground turkey only has 9 net carbs and 33 grams of protein!

Ingredients:

- 4 cups frozen cauliflower rice
- 3 T olive oil, divided
- 1 lb. brown Cremini mushrooms, sliced
- 1 medium onion
- 2 green bell peppers
- 2 tsp. Greek Seasoning
- 1 tsp. Greek Oregano
- 1 tsp. all-purpose seasoning blend
- 1/2 cup sliced green onion
- 1 1/2 lbs. ground turkey
- salt and fresh-ground black pepper to taste
- 1 cup sour cream
- 1/3 cup chicken broth
- 1 cup crumbled Feta Cheese
- 1 1/2 cup grated Monterey Jack Cheese



Instructions:

1. Thaw cauliflower rice in the fridge before you make this recipe.
2. Preheat oven to 375F/190C. Spray a glass casserole dish with non-stick spray or olive oil.

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Recipe source <https://kalynskitchen.com/casserole-brown-rice-turkey-mushrooms-feta>

3. Wash and slice mushrooms, then heat 1 T olive oil over medium-high heat and cook mushrooms until nicely browned. Put mushrooms in a large bowl.
4. While mushrooms cook, chop onions and green pepper and slice green onions.
5. Add another tablespoon olive oil to the frying pan and cook onions and green pepper until starting to brown, then add Greek Seasoning, Greek Oregano, and all-purpose seasoning blend and cook a few minutes more.
6. Then add the thawed cauliflower rice to the pan and cook 4-5 minutes stirring a few times, until most of the moisture in the rice has steamed off and evaporated.
7. Turn off heat and stir sliced green onions into the cauliflower rice mixture, then transfer it to the bowl with the mushrooms and combine.
8. Turn heat back to medium high, add the last tablespoon of oil into the frying pan, and cook the ground turkey until it's nicely browned, breaking apart with a turner as it cooks. (Don't rush this step. Most ground turkey will release some water and it won't brown properly until that water evaporates.) Season the cooked turkey with a little salt and fresh-ground black pepper.
9. Add browned turkey to the bowl with other ingredients and stir to combine all ingredients.
10. Mix together the sour cream, chicken stock, crumbled Feta, and 3/4 cup Monterey Jack cheese, then gently stir that into the other ingredients in the bowl.
11. Put the mixture into a glass or crockery casserole dish and sprinkle with the other 3/4 cup Monterey Jack Cheese.
12. Cover the casserole dish with foil or use the lid if your casserole dish has one.
13. Bake the covered casserole 20 minutes, then remove from oven and take off the foil.

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14. Put back in the oven and bake about 20 minutes more, or until the top is nicely browned and the casserole is bubbling hot.
15. Serve hot, with sour cream to add at the table if desired.
16. This keeps well in the fridge and freezes well, and it can be reheated either in a covered dish in the oven or in the microwave.

Nutrition:

Yield 8 servings

Calories 499

Total Fat 37g

Saturated Fat 15g

Trans Fat 0g

Unsaturated Fat 18g

Cholesterol 144mg

Sodium 1092mg

Carbohydrates 11g

Fiber 2g

Sugar 5g

Protein 33g

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

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