



# Beef Taco Bake (Paleo & Whole30)



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To Hell with the Shell! This Beef Taco Bake is going to change the way you do #TacoTuesday! Yesterday afternoon, I was feeling extra creative in the kitchen and whipped up this Mexican Inspired Lasagna/Shepherd's Pie hybrid! First, I created a "crust" using a Cauliflower Rice and Egg mixture. I topped the cauli-crust using Ground Beef, Salsa, Veggies, & Spices, then I smothered it in a layer of Nacho "Cheez"! I didn't stop there, I layered everything one more time, topped it with some Fresh Jalapeños and Forager Project Dairy Free Sour Cream and haven't been the same ever since. This is definitely one of the best dishes that I've created, but I'm a taco lover so I may be a little biased!

## INGREDIENTS:

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### *Beef Taco Bake*

- 2 Lbs. Ground Beef
- 1 Red Bell Pepper, diced
- 2 Medium Onions, diced
- 2 Tbsp Minced Garlic(3-4 Cloves)
- 1 Jalapeño Pepper(optional)
- 1 Tbsp Coconut Oil
- Salt pepper to taste
- 3 (12oz) bags Frozen Cauliflower rice
- 2 eggs
- 16oz Jar of Salsa, divided into 2 cups
- 2 Tbsp Lemon Juice
- 2 Tbsp Whole30 Compliant Taco Seasoning

### *Nacho "Cheez"*

- 2 cups Cashews (soaked overnight)

- 1/3 cup lemon juice
- 1/3 cup Olive Oil
- 1/2 cup Very Warm Water
- 1/3 cup Nutritional Yeast
- 1 Tbsp Whole30 Compliant Taco Seasoning
- 1 Tbsp Garlic Powder
- 2 tsp Onion Powder
- Salt & Pepper to taste

## **INSTRUCTIONS:**

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1. In a food processor, add all of the ingredients for your Nacho “Cheez” sauce and process until smooth, about 4-5 minutes. Set aside.
2. Preheat your oven to 350°F and spray a 9x13 baking dish with non-stick cooking spray. Cook all 3 bags of your Cauliflower Rice as directed, drain very well. I transferred mine to a sieve(you can also use a small holed colander) and pressed down on the cauliflower rice to drain as much excess water as possible.
3. Transfer your Cauliflower Rice to a large bowl. Stir in your 2 Eggs, 2 Tbsp Lemon Juice, 2 Tbsp Taco Seasoning, & mix well to combine. Feel free to add additional Sat & Pepper to taste!
4. Next, transfer your Cauliflower Rice into your 9x13 baking dish, pressing it down into the bottom of the pan to form a “crust”. Be sure to pack it down nice and tight! Set aside.
5. In a large skillet, heat your Coconut Oil over medium/high heat. Add in your Diced Pepper & Onions and cover. Cook for 5-7 minutes or until onions are translucent, stirring occasionally.
6. Remove lid and add your Garlic, stir for 30 seconds. Next, add in your Ground Beef & Spices(add your Jalapeño now if you’re using one) and cook until meat is no longer pink, stirring often.

7. Once the beef is cooked, remove from heat and divide into 2 portions. Spread the first portion evenly over top the Cauliflower Rice crust, followed by 1 cup of Salsa. Divide your cheese sauce into 2 portions and spread the first portion evenly over the Beef & Salsa layer. Repeat the layering process again! Top with jalapeños and transfer to the preheated oven for 18-20 minutes. Remove from the oven, top with some Forager Project Dairy Free Sour Cream, and Enjoy!

**MAKES 8 SERVINGS**

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