

# **Fiesta Hamburger Helper** **(Whole30, Paleo)**

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I'd love to take credit for this next recipe, but it was actually my boyfriend, Jimmy, who came up with the idea! He's always loved Hamburger Helper and challenged me to make a Whole30 version of one of his favorite childhood foods. Being that Noodles & Cheese are basically 2/3 of the dish, I knew I was going to have to do A LOT of replacing to make my version Whole30 compliant.

I replaced the noodles with roasted Cauliflower Florets, the cheese with a creamy Cashew Queso sauce, and even added some Taco Seasoning, Peppers, & Onions to take the flavor up another notch and sneak in some more veggies! Lastly, I blended up some Nuts to recreate the little topping packet that some of the Hamburger Helper meals would come with! Jimmy & the whole family loved this dish and I'll definitely be recreating another variation again soon! Enjoy your Sunday Funday!

## **INGREDIENTS:**

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- 2 lbs Ground Beef
- 1 Large Onion, chopped fine
- 2 Bell Peppers, chopped fine
- 2 Packs of Whole30 Compliant Taco Seasoning
- (4) 12oz Bags of Cauliflower Florets (you could also chop 3 heads of Cauliflower by hand)
- 3 to 4 Cups of Cashew Queso Sauce
- 1/4 Cup of Almonds, Pistachios, & Cashews, chopped in a food processor
- 2 Tbsp + 1 Tbsp (for Cauliflower) Coconut Oil
- Salt & Pepper to taste
- 1 Cup Salsa, for topping (optional)

## **INSTRUCTIONS:**

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1. Preheat oven to 425F and line a baking sheet with parchment paper. Season Cauliflower with a bit of Oil, Salt & Pepper. Roast for 25 minutes, mix around, then roast for an additional 20 minutes. Remove from oven and lower temperature to 350F.

2. While Cauliflower is roasting, heat a large skillet over medium/high heat and brown Ground Beef until fully cooked. Add in in both packets of Taco Seasoning and mix until well blended. Remove from heat and set Ground Beef aside.  
In that same skillet, add 2 Tbsp Coconut Oil and heat on medium/high heat. Once hot, add Peppers & Onions, then sauté for 8-10 minutes or until vegetables are tender. Remove from heat and set aside.
3. In a large mixing bowl, combine Ground Beef, Vegetable Mixture, Cauliflower Florets and 3-4 Cups of your Cashew Cheese Sauce Mixture. Stir until everything is well blended.
4. Transfer mixture to a 13x9 baking dish and top with Chopped Nut mix. Bake at 350F for 20 minutes. Serve with some Salsa and Enjoy!  
Makes 8 Servings

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