

Low Carb Enchiladas Casserole Dish for Keto Diet

My Low Carb Zucchini Enchiladas are both easy to make and delicious, on top of that they are fulfilling and most importantly low carb and keto friendly.

While you can use canned enchilada sauce from the grocery store, I highly recommend making [your own enchilada sauce](#), not only does it cut the carbs in half, it tastes really good and you have more control over the flavor you desire.

[Get My Low Carb Enchilada Sauce Recipe HERE](#)

Prep Time: 25 min Cook Time: 35 min Total Time: 1 Hour

Net Carbs: 5 Per Serving Servings: 6

Ingredients:

[Enchilada Sauce](#) (or 1 can large enchilada sauce *this will increase carb count)

1 pound hamburger

2 Tbsp. chili powder

2 tsp. ground cumin

1 ½ tsp. garlic powder

½ tsp. onion powder

1 tsp. dried oregano

¼ tsp. paprika

2 tsp. sea salt

1 large zucchini

16 oz Mexican cheese shredded

I highly recommend the slicer above, as it is light weight, easy to use and [slices adjustable sizes](#), giving you perfectly even sliced zucchini for this and other dishes. Be sure to see the video below of me making this recipe.

Instructions:

Preheat oven to 350F.

Brown Hamburger meat and drain. Return pan. Turn off stove.

Add all spices and seasonings. Stir to mix.

In a baking dish, I used a 9"x11", pour a portion of enchilada sauce into the bottom, just enough to cover.

Slice your zucchini, [thinly and evenly](#), this is key to making the enchiladas taste right, the thinness allows the zucchini to cook until soft, like a tortilla.

Lay four zucchini slices down layering one over the other to form a nice mat for your meat mixture.

Spoon in meat mixture and top with cheese. ** Salt and pepper as desired.*

Roll your zucchini up (individually) and place into baking dish.

Repeat until you are done with all zucchini.

Cook in oven at 350F for 35 minutes. **Test a portion of zucchini to make sure it is soft and not at all crunchy, you want to texture to be tortilla-like. If it is still crunchy cook for another ten minutes.*

Serve and top with desired toppings. **May add more to your carb count.*