

# Ingredients



- 1 head cauliflower cut into florets, rinsed, and steamed, approx. 2 lbs
- 2 tbsps salted butter melted
- 4 oz cream cheese
- ½ cup sour cream
- ½ cup heavy whipping cream
- ¼ tsp garlic powder
- 1 tsp kosher salt or to taste
- 2 cups cheddar cheese shredded
- 6 slices bacon cooked and crumbled
- 2 tbsps scallions chopped (optional)

## Loaded Mashed Cauliflower Casserole

### Instructions

- Preheat your oven to 425°.
- steam the CAULIFLOWER:
- An Instant Pot is not required for this recipe. You may steam the cauliflower on the stove if you wish. If steaming on the stove, ensure that you steam the cauliflower until it is soft.
- To steam the cauliflower in the Instant Pot, add 1 cup of water to the pot. Place the trivet or steamer basket inside the pot and then put the cauliflower florets in the basket.
- Close the Instant Pot and set it to 'Manual' or 'Pressure Cook' High Pressure for 3 minutes.
- Once cooking has completed, immediately perform a quick pressure release (QPR).
- Once the pressure has been fully released, open the pot and then allow the cauliflower to sit in the pot while you gather the remaining ingredients.
- Remove the cauliflower from the Instant Pot and add it to a food processor and blend until smooth and creamy.
- Add the butter, cream cheese, sour cream, heavy cream, garlic powder and salt to the food processor and blend until smooth.
- Remove the bowl from the food processor base and then carefully remove the blade from bowl. Add 1 cup of shredded cheddar cheese and 4 strips of crumbled bacon to the mashed cauliflower. Mix in by hand with a spatula.
- Spoon the mashed cauliflower mix into a 9 x 11 baking dish and spread the remaining shredded cheddar cheese and crumbled bacon evenly across the top.
- BAKE:
- Place the baking dish on the middle rack of your oven and bake for 20 minutes, or until the cheese is bubbly and begins to get toasty in spots.
- Remove from the oven and garnish with the chopped scallions.

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