



Ground Beef Zucchini Sweet Potato Skillet

Ready in 30 mins

This Ground Beef Zucchini Sweet Potato Skillet is a low-carb, gluten-free meal that will be ready in less than 30 Minutes. You need only one pan to make this delicious recipe, making cleanup a breeze!

Ingredients

½ teaspoon extra virgin olive oil
½ lb organic extra-lean beef
½ garlic clove minced
¼ cup yellow onion diced
¼ cup red bell peppers diced
1 cup diced sweet potatoes
2 oz beef broth or water
½ medium zucchini quartered
½ teaspoon Dijon mustard
6oz tomato sauce
¼ teaspoon dried oregano
2 cups cauliflower rice
Salt and pepper to taste
Fresh chopped parsley for garnish

Directions

1. Choose a skillet that has a lid or can be covered. Heat the olive oil over medium heat.
2. Add the ground beef and garlic. Use a wooden spoon to break up the ground beef while it cooks. Stir occasionally and cook for about 7 minutes until the meat is no longer pink. Remove the meat from the pan and set aside.
3. Add the onions and red peppers to the skillet, and cook for 3-4 minutes or until the onions are soft. If necessary, add a little bit of olive oil to help sauté the vegetables.
4. Add the sweet potatoes and beef broth. Cook for 5-6 minutes. Put a lid or cover on the skillet. The steam will help cook the sweet potatoes faster. Stir occasionally.
5. Add the zucchini, and cook for three minutes.
6. Return the ground beef to the skillet, and mix everything together.
7. Add the Dijon, tomato sauce, oregano and salt and pepper to taste. Cook for 1-2 minutes more.
8. Heat cauliflower rice according to package directions.
9. Place an even amount of rice onto two plates or bowls. Add beef and vegetable mixture over rice.
10. Garnish with fresh parsley and enjoy!

*Nutrition Information: Amount per serving (cauliflower rice not included) Calories: 373, Fat: 8g, Saturated Fat: 2g, Cholesterol: 64mg, Sodium: 468mg, Carbohydrates: 41g, Fiber: 8g, Sugar: 16g, Protein: 30g