

Zucchini and Ground Beef Skillet

INGREDIENTS

- 1-pound lean ground beef
- 1 red bell pepper, diced
- 1 onion, diced
- 2 to 3 zucchinis, sliced
- 1, 15 oz can diced tomatoes
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons chili powder
- 1 cup white rice
- 2 cups of water

TIME: 30 MINUTES SERVINGS: 6

*CARBS PER SERVING: 13G

*SUGARS PER SERVING: 9G

*estimated



Adapted from: bakemesomesugar.com



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PROCEDURE

1. In a large skillet, cook your lean ground beef with the onions. Cook until meat is no longer pink; drain excess fat
2. Add in red bell pepper, canned tomatoes (with the juice), salt, pepper, and chili powder and stir well
3. Once incorporated, add water and rice and stir mixture. Make sure the rice is pushed into the liquid
4. Turn heat to low and simmer for 15-20 minutes or until rice is fully cooked
5. About 5-10 minutes before you serve the dish, add the zucchini slices and cook to desired softness
6. Serve once zucchini is done!

This recipe vegetables, proteins, and grains - making it a well-balanced meal!



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