

Ground Beef Taco Skillet

Ingredients

1. 1 lb. lean ground beef
2. 2 cloves garlic, minced
3. 1 yellow and/or 1 red bell pepper, chopped
4. 1 large zucchini, quartered and sliced
5. ½ red onion, diced
6. 1 can of diced Fire Roasted Tomatoes, drained
7. 1 tsp oregano
8. 1 tsp onion powder
9. 2 tsp chili powder
10. Sea salt & black pepper, to taste
11. 1 cup Monterrey Jack cheese, shredded
12. Fresh cilantro, chopped, to taste
13. 1 can diced green chilis (if you like spicy!)

Instructions

1. In a 12" skillet, break up and brown ground beef, drain excess fat once beef is browned.
2. Add in veggies and seasonings and cook until onions are translucent.
3. Top evenly with cheese and cilantro

Serving Suggestions

1. Serve over brown rice or in a whole wheat tortilla (add 1 yellow for 21 Day Fix)
2. Top with hot sauce