

Low-Fat Ground Beef & Vegetable Skillet

Hearty, savory, and naturally low in fat



Why this works

- Uses **very lean ground beef (96% lean)**
- Bulked up with vegetables instead of oil
- Big flavor from herbs, garlic, and tomatoes—no heavy sauces

Ingredients (Serves 4)

- 1 lb. **96% lean ground beef**
- 1 medium onion, finely diced
- 2 cloves garlic, minced
- 1 red bell pepper, diced
- 1 zucchini, diced
- 1 cup mushrooms, chopped
- 1 cup canned diced tomatoes (no added sugar), drained
- 1 tsp smoked paprika
- 1 tsp Italian seasoning
- ½ tsp ground cumin (optional, adds warmth)
- Salt and black pepper, to taste
- Olive oil spray or **1 tsp olive oil total**
- Fresh parsley or basil, chopped (optional)

Instructions

1. **Brown the beef**
Heat a large nonstick skillet over medium heat. Add beef and cook, breaking it up, until just browned. Drain any liquid if needed and transfer beef to a bowl.
2. **Sauté vegetables**
Lightly spray the skillet (or use 1 tsp olive oil). Add onion and cook 3–4 minutes until soft. Stir in garlic and cook 30 seconds.
3. **Build flavor**
Add bell pepper, zucchini, and mushrooms. Cook 5–6 minutes until vegetables soften and release their moisture.
4. **Combine & season**
Return beef to the skillet. Add tomatoes, smoked paprika, Italian seasoning, cumin, salt, and pepper. Stir well.
5. **Simmer briefly**
Cook uncovered 5–7 minutes until everything is well combined and lightly saucy.
6. **Finish & serve**
Taste, adjust seasoning, and sprinkle with fresh herbs if using.

Serving Ideas (Low-Fat)

- Over $\frac{1}{2}$ –1 cup cooked brown rice or quinoa
- With cauliflower rice
- Spoon into butter-lettuce cups
- As a filling for whole-wheat tortillas or stuffed peppers

Approximate Nutrition (per serving, without rice)

- **Calories:** ~230
- **Protein:** ~28 g
- **Fat:** ~5–6 g
- **Carbohydrates:** ~10–12 g
- **Fiber:** ~3 g