



Sheet Pan Lean Beef with Sweet Potato & Green Beans

MAKES 2 SERVINGS

INGREDIENTS

- 8 oz lean beef sirloin, sliced thin
- 1 1/2 cups sweet potato, cubed (1-inch pieces)
- 2 cups green beans, trimmed
- 1 tbsp extra virgin olive oil (divided)
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp dried thyme
- 1/2 tsp onion powder
- 1/4 tsp ground cumin
- Salt and pepper to taste
- Fresh parsley for garnish

DIRECTIONS

- Preheat oven to 425°F. Line a large baking sheet with parchment paper.
- Toss sweet potato with 1/2 tbsp olive oil and half the spice mixture. Spread on one side of baking sheet.
- Roast sweet potato 15 minutes.
- Meanwhile, toss beef slices with remaining olive oil and spices.
- Remove baking sheet from oven. Push sweet potato to one side, add green beans to the middle, and arrange beef on the other side.
- Return to oven and roast 10-12 minutes until beef is cooked to desired doneness and vegetables are tender.
- Garnish with fresh parsley.

CALORIES
380-410
kcal

PROTEIN
27-31
grams

CARBS
22-26
grams

FIBER
6-7
grams

FAT
20-22
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED