

One Pan Beef, Bell Pepper & Zucchini Stir Fry

8 ingredients · 20 minutes · 4 servings



Directions

1. Heat a large pan over medium-high heat. Add the beef and cook for five to seven minutes until the meat is browned and cooked through, breaking it up as it cooks. Season with salt and pepper.
2. Add the garlic, onion, bell pepper, zucchini, Italian seasoning, and lemon juice. Cook for four to five minutes or until the vegetables are tender.
3. Divide evenly onto plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately 1 1/2 cups.

No Ground Beef

Use ground chicken or turkey.

Ingredients

- 1 1/2 lbs** Extra Lean Ground Beef
- Sea Salt & Black Pepper
- 3** Garlic (clove, finely chopped)
- 1 cup** Red Onion (chopped)
- 1** Red Bell Pepper (large, chopped)
- 1** Zucchini (large, chopped)
- 2 tsps** Italian Seasoning
- 1 tbsp** Lemon Juice