

One Pan Beef, Broccoli & Sweet Potato

10 ingredients · 30 minutes · 2 servings



Directions

1. Heat the oil in a large pan over medium-high heat. Add the potatoes to the pan and cook for four to five minutes until starting to soften.
2. Add the bell pepper and garlic to the pan and sauté for two minutes. Add the beef and cook for three to four minutes, or until the beef is cooked through, breaking it up as it cooks. Season with salt and pepper.
3. Stir in the broccoli, green onions, tamari, and sesame seeds. Cook for three to five minutes or until the broccoli is tender, stirring as needed.
4. Divide evenly between bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add a seasoning blend of choice. Serve over rice or potatoes.

No Beef

Use any ground meat or meat substitute of choice.

Ingredients

- 1 **tblsp** Sesame Oil
- 1 Sweet Potato (medium, cubed)
- 1 Red Bell Pepper (medium, chopped)
- 2 Garlic (clove, chopped)
- 12 **ozs** Extra Lean Ground Beef
- Sea Salt & Black Pepper (to taste)
- 2 **cups** Broccoli (cut into small florets)
- 4 **stalks** Green Onion (chopped)
- 2 **tblsps** Tamari
- 1 **tblsp** Sesame Seeds

Nutrition

Amount per serving

Calories	509	Cholesterol	111mg
Fat	27g	Sodium	1191mg
Carbs	27g	Vitamin A	12636IU
Fiber	7g	Vitamin C	163mg
Sugar	8g	Calcium	152mg
Protein	41g	Iron	6mg