

Ground Beef

4 SERVINGS 15 MINUTES



INGREDIENTS

1 tsp Extra Virgin Olive Oil
1 lb Extra Lean Ground Beef
1/2 tsp Sea Salt (optional)

NUTRITION

AMOUNT PER SERVING

Calories	210	Iron	3mg
Fat	12g	Vitamin D	3IU
Carbs	0g	Folate	7µg
Fiber	0g	Magnesium	23mg
Protein	23g	Zinc	5mg
Vitamin C	0mg		

DIRECTIONS

- 01 In a pan, heat the oil over medium heat. Once oil is heated, add the beef. Break it up as it cooks. Cook until all the beef is browned.
- 02 Season with salt to your preference and drain any excess liquid. Enjoy!

NOTES

RECIPE ID 119

LEFTOVERS

Refrigerate in an airtight container for up to three days. Freeze for up to one month.

SERVING SIZE

One serving is equal to approximately 1/2 cup of cooked ground beef.