Beef, Sweet Potato & Rapini Skillet

4 servings
25 minutes

Ingredients

1 lb Extra Lean Ground Beef (1 lb = 16 oz = appr. 2 cups cooked meat)
1 Yellow Onion (sliced)
1 tbsp Ginger (peeled and grated)
2 Garlic (cloves, minced)
2 Sweet Potato (med-large sized, grated or cubed)
2 bunches Rapini (chopped)
1/2 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	325
Fat	13g
Saturated	5g
Carbs	23g
Fiber	9g
Sugar	6g
Protein	32g
Cholesterol	74mg
Sodium	530mg

Directions

1. Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
2. Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
3. Divide into bowls. Season with sea salt and enjoy

Notes

VEGAN & VEGETARIAN: Skip the beef. Saute the veggies in olive oil then add cooked lentils.

NO RAPINI: Use kale or broccoli instead.

ANY MEAL WILL DO: We love this meal so much, it fits for any time of day. Have it for breakfast, lunch or dinner.

IS RED MEAT OKAY?: Not all read meat is created equally. It's important to make a distinction between different kinds of meat. For example, factory-farmed, processed meat is nutritionally very different than grass-fed and organic meat. This meat comes from animals that have been naturally fed and raised organically, without drugs and hormones. They also don't have any artificial chemicals added. Lean naturally raised meat is a good source of protein, omega-3 fatty acids, and some really important nutrients, like vitamin B12, B6, niacin, zinc and iron. Once upon a time, eating red meat was attributed to increased health risks, and we now know that to not be the case as was once thought. Expert opinions vary, but it's generally agreed that if no existing health risks are present, occasionally eating naturally raised lean red meat provide more health benefits than risks.