

GROUND BEEF AND TURNIP SKILLET



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Ground Beef	1 Lb.	Red Peppers, Diced	1/3 Cup
Salt	1/2 Tsp.	Scallos, Diced	1/3 Cup
Pepper	1/2 Tsp.	Garlic	1/2 Tsp.
Olive Oil	1 Tbsp.	Medium Tomatoes, Chopped	2
Turnips, Peeled and Diced	1 Lb.	Low Sodium Beef Broth	1/2 Cup
Green Peppers, Diced	1/3 Cup	Tamari	1 Tbsp.



PREPARATION

- Heat a large skillet over medium heat.
- Add the ground beef, salt, and pepper. Cook until browned, breaking it into small pieces. Remove from the skillet and set aside.
- In the same skillet, add olive oil, turnips, green and red peppers, scallions, and garlic. Cook for about 5 minutes until softened.
- Stir in the chopped tomatoes and beef broth. Let it simmer for another 5 minutes.
- Return the cooked beef to the skillet. Add tamari and mix well. Cook for an additional 3-4 minutes until everything is well combined.
- Remove from heat and serve warm. Enjoy!