

GROUND BEEF VEGGIE BOWL



SERVING SIZE

4



INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Lean Ground Beef	1 Lb.	Can Fire-roasted Crushed Tomatoes	1 (14.5 Oz.)
Garlic Cloves, Minced	2	Salt	1 Tsp.
Mushrooms, Sliced	8 Oz.	Freshly Ground Black Pepper	½ Tsp.
Large Yellow Pepper, Diced	1	Bags Frozen Spiralized Vegetables	
Large Red Pepper, Diced	1	Or Spaghetti Squash	2 (10 Oz.)
		Red Pepper Flakes (More If Desired)	Pinch



PREPARATION

- Heat a large skillet over medium heat.
- Add ground beef and cook for 5-6 minutes, breaking it apart as it browns. Drain excess fat, if needed.
- Add garlic, mushrooms, and diced peppers. Sauté for 4-5 minutes, until the vegetables soften.
- Stir in crushed tomatoes, salt, pepper, and red pepper flakes. Simmer 5-7 minutes until the sauce thickens slightly.
- In a separate pan, heat the frozen spiralized vegetables or spaghetti squash according to package directions.
- Serve the beef and veggie mixture over the warm spiralized vegetables. Toss lightly to combine.
- Enjoy!