



BEEF FAJITA SKILLET

INGREDIENTS

ITEM

Lean Ground Beef
Bell Peppers, sliced
Onion, sliced
Shredded Cheddar Cheese
Plain Greek Yogurt
Fajita Seasoning
Salt and Pepper

QUANTITY

4 Oz.
½ Cup
¼ Cup
2 Tbsp.
2 Tbsp.
1 Tsp.
To Taste

SERVING SIZE

1

PREPARATION

- Heat a skillet over medium heat and cook the ground beef until browned.
- Add bell peppers, onion, and fajita seasoning. Stir to combine. let it melt slightly.
- Cook for 4-5 minutes, until vegetables are tender.
- Transfer to a bowl and top with cheddar cheese and Greek yogurt.