



CHEESY TACO VEGETABLE SKILLET

SERVINGS: 3

PREPPING TIME: 10 MINUTES

COOKING TIME: 20 MINUTES

Ingredients

- 14 oz lean 93% ground beef, 10 oz cooked (2 Leans)
- 1 cup (5.26 oz) assorted bell peppers, chopped (2 Greens)
- 10 oz can Rotel diced tomatoes with green chilies, do not drain (2 1/2 Greens)
- 3/4 cup (3 oz) zucchini, chopped (1 1/2 Greens)
- 3 cups (3.18 oz) baby spinach or kale, chopped (3 Greens)
- 1 tbsp plus 1 tsp lower sodium taco seasoning (8 Condiments)
- 1 cup (4 oz) 2% reduced fat cheddar cheese (1 Lean)
- Green onions to garnish

Notes

Each serving provides: 1 Lean, 3 Greens, and 3 Condiments per serving (about 1 1/3 cup)

Directions

1. In a large skillet, brown ground beef and drain cooked meat of excess fat.
2. Add bell peppers, tomatoes, zucchini and spinach/kale to ground beef.
3. Stir in taco seasoning and cook for about 5 more minutes or until spinach is fully wilted.
4. Sprinkle shredded cheese on top and cover pan allowing the cheese to melt or put the meat mixture in a 9 inch pie dish and place in the oven at 350 degrees for about 5 minutes until cheese has melted.

I hope you enjoy this recipe!
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