

RECIPE OF THE WEEK: PALEO EDITION

Seared Ground Beef with Zucchini and Tomatoes

Ingredients:

1lb 96% lean ground beef
1 large zucchini, sliced
1 large tomato, chopped
1/2medium onion, chopped
3 cloves garlic, chopped
2 tbsp fresh chopped basil
1 tbsp olive oil
Salt & pepper, to taste

Instructions:

Add a little of the olive oil cooking spray to a nonstick pan over medium-high heat, and then brown the ground beef for about 3 minutes. Add the zucchini, garlic, and onions and stir-fry for another 8-10 mins, until the vegetables are browned. Add tomato and cook until chunks begin to dissolve, about 3-4 minutes. Stir in the basil, olive oil, and spices and serve.

Prep time: 20 mins

Difficulty Level: Easy

Servings: 2

Nutritional Info (per serving):

531 Calories
73g of Protein
12g Carbohydrates
4g fiber
6g sugars
20g fat

Compliments of *Gourmet Nutrition* by Dr. John M. Berardi and Dr. John K. Williams

