



## Egg & Beef Breakfast Bowl

3 servings

25 minutes

### Ingredients

- 1 tbsp Coconut Oil
- 454 grams Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 2 Egg
- 1 Avocado (cubed)
- 2 tbsps Nutritional Yeast

### Nutrition

Amount per serving	
Calories	490
Fat	33g
Carbs	9g
Fiber	6g
Sugar	1g
Protein	40g
Cholesterol	222mg
Sodium	173mg
Vitamin A	636IU
Vitamin C	14mg
Calcium	67mg
Iron	5mg

### Directions

- 1 In a pan, heat the coconut oil over medium heat. Add the beef and break it up as it cooks. Cook for 10 minutes, or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 2 Add the mushrooms and kale in with the beef. Crack the eggs over the mixture and stir to combine. Cook for 5 minutes, or until mushrooms are soft, stirring often to ensure the eggs are cooked.
- 3 Divide between bowls and top with the avocado and nutritional yeast. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is roughly 2 cups of the beef mixture.

**More Flavor:** Add sea salt, pepper, garlic, onions and/or chili flakes.

**Additional Toppings:** Top with sliced cherry tomatoes.