



Beef, Sweet Potato & Rapini Skillet

2 servings

25 minutes

Ingredients

227 grams Extra Lean Ground Beef
1/2 Yellow Onion (sliced)
1 1/2 tsps Ginger (peeled and grated)
1 Garlic (cloves, minced)
1 Sweet Potato (medium sized, grated)
113 grams Rapini (chopped)
1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	283
Fat	12g
Carbs	18g
Fiber	4g
Sugar	5g
Protein	26g
Cholesterol	74mg
Sodium	426mg
Vitamin A	10724IU
Vitamin C	14mg
Calcium	107mg
Iron	5mg

Directions

- 1 Heat a large skillet over medium/high heat and add the beef, onion, ginger, garlic and sweet potatoes. Cover and cook for 10-15 minutes, stirring occasionally until the beef is cooked through and the sweet potatoes are soft.
- 2 Add the rapini and cook for about 5 more minutes or until greens are wilted and stalks are soft.
- 3 Divide into bowls. Season with sea salt and enjoy

Notes

Vegan and Vegetarian: Skip the beef. Saute the veggies in olive oil then add cooked lentils.

No Rapini: Use kale or broccoli instead.

Leftovers: Store leftovers in an airtight container in the fridge for up to three days.