

GROUND BEEF WITH ROASTED VEGETABLES

By Dr. Cindy Tanzar
(Standard/Maintenance)

Makes 2 servings. Covers 3oz protein and 1 c. cooked vegetables.



Ingredients

- 1 medium eggplant
- 1 Tbs. extra virgin coconut or avocado oil
- ½ lb. grass-fed ground beef
- 1 cup onion, diced
- 1 Tbs. minced garlic
- 1/2 cup petite tomatoes, diced, with juices
- 1-1/2 tsp. dried oregano
- 1 Tbs. balsamic vinegar (without sugar)
- Pink Himalayan salt and fresh ground black pepper, to taste

Instructions

Preheat oven to 400 F. Cut eggplant in half lengthwise. Score the flesh with a knife diagonally, about 1" apart, cutting deep without puncturing the skin. Turn eggplant around and score again, creating a diamond pattern. Brush with oil and lay cut side down on a baking sheet lined with parchment paper. Roast for 25-30 minutes, until tender.

While eggplant is roasting, brown the ground beef in a large skillet. (Do not drain grass-fed beef, leaving juices.) Add onion and garlic, cooking until translucent. Add tomatoes and oregano and



season with salt and pepper. Simmer for 10-15 minutes, until tomatoes are slightly broken down. Add the balsamic vinegar.

When the eggplant is done, scoop out 1-1/2 cups, and place into the ground beef mixture. Mix gently and enjoy!

Double your recipe and have plenty of leftover for lunch or another dinner!