

BEEF TACO SKILLET

By Dr. Cindy Tanzar
(Maintenance Plan)

Everyone loves a one-pot meal. This simple recipe is easy and ready in no time and makes great lunch leftovers. This is a maintenance recipe, so there are no specific guidelines, however, there are approximately 4 servings of protein and cooked vegetable based on your suggested personal recommendations. Be sure to add a healthy fat to your meal as well.



INGREDIENTS

- 1 Tbsp refined avocado oil
- 1-lb. ground beef (or other ground meat)
- 1 yellow onion, diced
- 1 Bell pepper, diced (any color)
- 1 can Rotel tomatoes with green chilis
- 1 large zucchini, shredded
- Taco seasoning (see below)
- 1-1/2 cups shredded cheddar/jack cheese
- Green onions to garnish (optional)



INSTRUCTIONS

In a large skillet over medium heat, add the oil and lightly brown the ground beef.

Add onions and peppers, cooking until caramelized.

Add tomatoes and taco seasoning. If there is not enough liquid for the seasoning to evenly coat the mixture, add up to 1 Tbsp of water. Simmer for 5 minutes.

Add shredded zucchini and mix well. Cover with cheese and allow to melt. You may need to lightly cover the skillet to do so. Garnish with green onions, if using.