

Ground Beef Zucchini Butternut Squash Skillet

- 1 tablespoon extra-virgin olive oil
- 1 pound extra-lean ground beef
- 1 garlic clove — minced
- ½ cup onions — diced (cut very small)
- ½ cup red bell peppers — diced
- 2½ cups butternut squash — diced
- ¼ cup beef broth or water
- 1 medium zucchini — quartered
- 1 teaspoon Dijon mustard
- ½ cup tomato sauce, of your choice
- ½ teaspoon dried oregano
- ⅛ teaspoon crushed red pepper — optional
- Himalayan sea salt and freshly ground black pepper to taste
- Fresh parsley — chopped, for garnishing
- FOR THE MEAL PREP: 5 cups cauliflower rice



1. In a cast iron skillet, heat the olive oil over medium-high heat.
2. Add the ground beef and garlic. Use a wooden spoon to break up the ground beef while it cooks. Stir occasionally and cook for about 7 minutes until the meat is no longer pink. Remove the meat from the pan, and set aside.
3. Add the onions, red bell peppers to the same skillet, and cook for 3-4 minutes or until the onions are soft. If necessary, add a little bit of olive oil to help sauté the veggies.
4. Add the butternut squash and beef broth. Cook for 5-6 minutes. Put a lid on the skillet. The steam will help cook the squash faster. Stir occasionally. Add the zucchini, and cook for 3 minutes.
5. Return the ground beef to the skillet and mix everything together. Add the Dijon, tomato sauce, oregano, crushed red pepper, salt, and pepper to taste. Cook for 1-2 minutes more. Garnish with fresh parsley.

MEAL PREPPING:

1. Place an even amount of cauliflower rice into 5 different plastic/glass containers.
2. Divide the ground beef zucchini butternut squash recipe into 5 portions.
3. Cover with the lid, and place in the fridge for up to 5 days. Heat in the microwave for about 2 minutes.