

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

One Pot Cheesy Taco Skillet

From www.sweetcsdesigns.com

1 lb ground beef
1 large yellow onion, diced
1 bell peppers, diced
1 can diced tomatoes with green chilis
taco seasoning (try making your own healthier seasoning)
3 cups baby kale/spinach mixture (this sounds like a lot- it cooks down to a small amount)
1/2 cup shredded cheddar and jack cheese
green onions, to garnish

1. In a large pan, lightly brown ground beef and crumble well.
2. Drain excess fat.
3. Add onions and peppers, and cook until browned.
4. Add canned tomatoes, taco seasoning, and any water needed for taco seasoning to evenly coat mixture (up to 1 tbsp- the liquid from the tomatoes will help)
5. Add greens and let fully wilt.
6. Mix well.
7. Cover with shredded cheese and let cheese melt.
8. When cheese is melted, serve over a bed of lettuce, brown rice, or in a taco or burrito!