

Beef, Scallions, and Red Bell Pepper Saute



Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients:

1 lb ground beef chuck

1 cup trimmed, chopped scallions

2 cups stemmed, seeded, and chopped red bell peppers

1 cup shredded mozzarella cheese

Nutrition Facts

Makes 1 serving

Amount per serving:

Calories	420
Net Carbs	4.8 g
Dietary Fiber	2 g
Total Fat	28 g
Protein	34 g

Directions:

1. Saute ground beef in oil in a small skillet over medium-high heat for 1-2 minutes.
2. Add scallions and red bell pepper. Saute until beef is browned and peppers are soft. Add salt and pepper to taste. Drain any excess fat.
3. Place meat mixture on a plate. Immediately sprinkle with cheese and allow to melt.