

Beef, Spinach & Cabbage Skillet

7 ingredients · 20 minutes · 2 servings



Directions

1. Heat the oil in a pan over medium heat. Add the cabbage and cook for five to six minutes or until the cabbage begins to soften. Transfer to a bowl and set aside.
2. Add the beef to the pan, breaking it up as it cooks, five to six minutes. Once it is cooked through, drain any excess drippings from the pan.
3. Add the cooked cabbage back to the pan and stir to combine with the beef. Season with salt, garlic powder, and parsley, and then add the spinach and cook until wilted, about two to three minutes.
4. Season with additional salt if needed and divide between plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add other dried herbs and spices to taste.

Additional Toppings

Sliced avocado, green onion, red pepper flakes, or fresh herbs.

Serve it With

Cauliflower rice, rice, or quinoa.

No Beef

Use ground turkey, chicken, or pork instead.

No Purple Cabbage

Use green cabbage or kale instead.

Ingredients

- 1 1/2 **tsps** Extra Virgin Olive Oil
- 2 **cups** Purple Cabbage (chopped)
- 283 **grams** Lean Ground Beef
- 1/4 **tsp** Sea Salt
- 1/4 **tsp** Garlic Powder
- 1 **tsp** Dried Parsley
- 2 **cups** Baby Spinach

Nutrition

Amount per serving

Calories	426	Vitamin D	4IU
Fat	32g	Vitamin E	1mg
Carbs	8g	Vitamin K	187µg
Fiber	3g	Thiamine	0.1mg
Sugar	4g	Riboflavin	0.3mg
Protein	27g	Niacin	7mg
Cholesterol	101mg	Vitamin B6	0.7mg
Sodium	438mg	Folate	85µg
Potassium	778mg	Vitamin B12	3.0µg
Vitamin A	3831IU	Phosphorous	268mg
Vitamin C	59mg	Magnesium	63mg
Calcium	98mg	Zinc	6mg
Iron	4mg	Selenium	22µg

