



K-KITCHEN

MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- 2 lb. ground beef
- 1 each yellow, red and green peppers, sliced
- 1 yellow onion, chopped
- 2-3C chopped baby spinach
- salt/pepper to taste
- 1t each dried oregano and basil
- 1C Gruyere cheese
- Sandwich buns, quinoa or brown rice

Ground Beef Cheesesteak

Preparation

1. Brown ground beef in a large skillet. Season with salt, pepper and herbs. Add chopped onion and spinach. Cook until clear and wilted.
2. In a separate skillet, saute peppers in 1T olive oil until slightly browned and softened. Add to the beef mixture.
3. Top with cheese and cover until melted.

Tips

Serve on buns, quinoa or rice. Also good alone with a salad.

This makes a large amount and it reheats nicely the next day.