

Black Bean Skillet

RECIPE LIGHTLY ADAPTED FROM MY EVERYDAY ORDINARY LIFE



Ingredients

2 lbs. beef
6-8 c SWP sliced zucchini (if using fresh use 3-4 diced)
1 onion, chopped
1 yellow pepper, diced
2 t dried oregano
2 – 15 oz cans Black Beans, drained and rinsed
1 – 28 oz can petite diced tomatoes, undrained
3 c white rice, cooked
2 c shredded cheddar cheese
Salt, pepper, and garlic powder to taste

Directions

Brown beef in a large (and I do mean LARGE) skillet over medium-high heat. Season generously with salt, pepper, and garlic powder. Add onion and yellow pepper and cook until beef is browned. Drain fat as needed. Meanwhile sauté the SWP zucchini in a separate saucepan with some olive oil just until tender (maybe 10 minutes). Also make sure to cook your white rice according to package directions. You will have all three pans going at the same time. Add the zucchini, oregano, beans, tomatoes, and rice all together with the beef mixture. Stir well and allow to continue to cook for just a few more minutes. Turn off the heat and sprinkle with cheese.

****If using fresh zucchini you can just add it in to the beef mixture a few minutes before the remaining ingredients to allow to soften in the main pan instead of sauteing it separately.**