

BEEF AND VEGGIE TACO SKILLET

Serves 6

Ingredients

- 2 teaspoons **olive oil**
- 1 medium **sweet potato**, cut into small cubes, about 2 cups
- 1 small **zucchini**, diced, about 1 cup
- 1 **bell pepper**, diced, about 1 cup
- 1 medium **onion**, diced, about 1 cup
- 1 pound lean **ground beef**
- 4 **garlic cloves**, minced
- 1 packet of **reduced-sodium taco seasoning**
- 1 (15 ounces) can **black beans**, drained and rinsed
- 1 cup **frozen corn**
- 3/4 cup **salsa** of your choice
- **Optional toppings**: shredded cheese, extra salsa, sliced avocado, chopped cilantro, sliced green onions

Nutrition Facts*

1 serving

Calories: 310

Protein: 20 grams

Total Carbohydrates: 33 grams

Dietary Fiber: 7 grams

Total Fat: 10 grams

**Nutrition facts are an estimate and vary based on serving size.*



Directions

- 1 Heat oil over medium heat in a large, 14-inch sauté pan.
- 2 Add the diced sweet potatoes and sauté, stirring occasionally, for about 5 minutes. Cover the pan with a lid and allow the potatoes to steam for an additional 5 minutes.
- 3 Add the zucchini, bell pepper and onion. Sauté for 4 to 5 minutes until slightly tender.
- 4 Move the veggies to one side of the pan and add the ground beef to the other side. Cook the beef for about 8 minutes, breaking it into pieces as it browns.
- 5 Once cooked, stir the beef into the veggies and add the minced garlic, taco seasoning, black beans and corn. Stir to combine and sauté for 1 to 2 minutes.
- 6 Add the desired toppings and serve.



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