

Beef & Potato Skillet

Time: 40 mins **Servings:** approx. 4

Ingredients

- 3 tablespoons extra-virgin olive oil, divided
- 1 pound 85 or 90% lean ground beef
- 2 teaspoons ground cumin
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground pepper
- 3 medium Yukon Gold potatoes, diced (1/2-inch)
- 1 medium yellow onion, chopped
- 1 green or yellow bell pepper, diced (1/2-inch)
- 2 cloves garlic, minced
- 1 large handful baby spinach, roughly chopped or torn
- 1 cup cherry tomatoes, halved



Directions

1. Start by preparing all vegetables (dicing, chopping, etc)
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add beef, cumin, salt and pepper; cook, stirring often to break up the meat, until evenly browned, about 6 minutes.
3. Using a slotted spoon, transfer the beef to a paper-towel-lined plate; do not wipe out the pan. Add 1 tablespoon oil to the drippings in the pan.
4. Turn the heat down to Medium and add potatoes; cook, stirring occasionally, until the potatoes begin to caramelize and are tender, about 15-20 minutes. Transfer the potatoes to the plate with the beef.
5. Heat the remaining 1 tablespoon oil in the skillet over medium heat. Add onion and bell pepper; cook, stirring occasionally, until tender, about 6 minutes. Add garlic; cook, stirring often, until aromatic, about 1 minute. Add spinach and tomatoes; cook, stirring often, until the spinach is wilted and the tomatoes are heated through, about 3 minutes.
6. Stir back in the beef and potatoes until combined. Enjoy!

Serving Size:

1.5-2 cups

Recipe adapted from [EatingWell.com](https://www.eatingwell.com)