



Mediterranean Beef Stir-Fry

Recipe By JASMIN QUEEN

SERVES: 4

INGREDIENTS:

- ☐ 1 tbsp. olive oil
- ☐ 1 lb. ground beef
- ☐ 1 onion, diced
- ☐ 1 tbsp. minced garlic
- ☐ 1 red bell pepper, sliced
- ☐ 1 zucchini, cut into half-moons
- ☐ 1 cup cherry tomatoes
- ☐ 2 tbsp. Mediterranean seasoning
- ☐ 2 tsp. fennel
- ☐ ¼ tsp. crushed red pepper flakes
- ☐ 2 cups couscous, cooked
- ☐ salt and pepper to taste

OPTIONAL GARNISHES:

- ☐ parsley
- ☐ black and green olives
- ☐ lemon juice
- ☐ crumbled feta cheese

DIRECTIONS:

- ☐ 1. Heat olive oil in a large pan. Add onions and garlic and sauté for 2- 3 minutes. Add the ground beef to the skillet and cook until browned.
- ☐ 2. Add the vegetables and spices to the ground beef and cook for 5 minutes. You want the vegetables to be slightly tender, but still crisp.
- ☐ 3. Serve over couscous and garnish with parsley, olives, lemon juice, and Feta cheese.

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