



Super-Sized Ground Beef



1/4th of recipe (about 1 cup): 169 calories, 5g total fat (2g sat. fat), 220mg sodium, 5g carbs, 1g fiber, 2.5g sugars, 25g protein

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Prep: 10 minutes **Cook:** 10 minutes



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Ingredients

1 lb. raw extra-lean ground beef
2 cups finely chopped mushrooms
1 cup finely chopped onion

Seasonings:

1/4 tsp. garlic powder
1/4 tsp. salt
1/8 tsp. black pepper

Directions

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add all ingredients and seasonings. Cook and crumble for 6 - 8 minutes, until beef is fully cooked and veggies have softened.

MAKES 4 SERVINGS

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