

Beef and Black Bean Melody

6-8 SERVINGS



INGREDIENTS

- 1 lb grass fed organic ground beef
- 2 large sweet potatoes, chopped in small pieces
- 1 sweet onion
- 10 - 15 Brussels Sprouts, ends removed and chopped coarsely
- 4 garlic cloves, minced
- 1 - 2 cups black beans,
- 1 Tbsp ground cumin
- 1 Tbsp ground coriander
- 1 tsp ground black pepper
- 1 tsp sea salt
- 2 cups low-sodium, organic chicken or vegetable broth or stock
- 2 Tbsp olive oil
- 3-4 organic Roma tomatoes, diced
- 1 avocado, pitted, diced

DIRECTIONS

1. Heat oil in a large skillet over medium-high heat. Add 1 cup broth and thinly chopped sweet potatoes and saute for approximately 5-6 minutes.
2. Add ground beef and cook until brown for approximately 4-5 minutes.
3. Add onion and garlic and continue to cook until slightly tender (3-4 minutes). Stir in Brussels sprouts, black beans and 1 cup broth and cook for another 2-3 minutes.
4. Reduce heat to medium and add cumin, coriander, salt, and pepper and stir; cover and allow mixture to cook for 4-5 minutes. Remove from heat and serve diced avocado and diced Roma tomatoes on top.

TIPS

- Dice sweet potatoes small so they will cook quickly and evenly.
- You can add additional black beans, choose vegetable broth and omit the beef to make this dish entirely vegetarian.
- If using canned black beans, be sure to rinse the black beans before using.



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