

Easy Mushroom and Ground Beef Skillet

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Recipe type: Main Dish

Prep time: 10 mins Cook time: 20 mins Total time: 30 mins

Serves: 4 servings

Ingredients

- 1 lb. lean Ground Beef [93% lean or leaner]
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- ½ yellow onion, diced
- 2 cups mushrooms [any variety], sliced
- 2 tablespoons fresh basil [or 1 teaspoon dried]
- ¼ cup beef broth
- 2 tablespoon balsamic vinegar
- 2 tablespoons worcestershire sauce

Instructions

1. Heat large non-stick skillet to medium-high heat. Add ground beef to skillet and cook for 8-10 minutes, breaking into crumbles. Remove from pan and set aside.
2. Add oil to skillet. Add garlic and onion, and cook until garlic becomes fragrant, about 3 minutes. Add mushrooms and continue cooking for 5 more minutes.
3. Return beef to the skillet. Add basil, broth, vinegar and worcestershire sauce. Bring mixture to a boil, then reduce heat and simmer until the liquid has reduced, about 3 minutes.
4. Serve immediately with your favorite whole grain side, such as brown rice or quinoa.

Notes

Serve with cooked quinoa, brown rice, or whole wheat pasta.

Recipe by Mom to Mom Nutrition at <https://momtomomnutrition.com/food-and-recipes/easy-mushroom-ground-beef-skillet/>