

Easy Greek Skillet Dinner



Ingredients:

1 pound grass-fed ground beef
2 tablespoons olive oil
1 large onion, chopped
1 clove garlic, minced
1 pound fresh or frozen kale, sliced in quarter-inch ribbons
2 cans (14.5 ounces each) organic diced tomatoes
1 teaspoon Greek seasoning (I use Penzey's.)
Pine nuts to put on top

In large skillet, brown ground beef in olive oil. Add onions and cook until onions are clear. Add garlic. Stir.

Add kale and stir. Add tomatoes and Greek seasoning. Stir and then simmer for about 15 minutes, making sure that the kale is tender.

Serve in soup bowls and top with pine nuts.

Makes 4 adult sized servings.

Dana Schmidt
NATUROPATHIC PHYSICIAN

drdanaschmidt.com

Dana Schmidt
— NATUROPATHIC PHYSICIAN —

drdanaschmidt.com