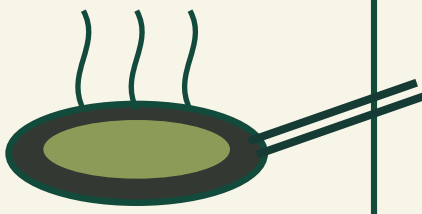
*Rooted in Reality*

GARDENING + ORGANIZATION + REAL LIFE

# Sizzle & Savor
## Fajita Beef Skillet



From the garden to the skillet - simple, hearty, and ready without making dinner a whole production.

| Prep | Cook | Total |
|---|---|---|
| 10 min | 15 min | ~25 min |

### Ingredients

- 1 lb ground beef
- 1 tbsp extra-virgin olive oil (or avocado oil)
- 1 small red onion, coarsely chopped
- 1 small red & yellow pepper, coarsely chopped
- Garlic, minced - go gang busters here!
- 1/2 tsp salt
- 2 tsp chili powder
- 1/2 tsp cumin
- 1/8 tsp cayenne pepper (more if that's your jam)
- 1 tbsp lime juice
- 1 package cauliflower rice (or regular rice)
- Diced avocado & tomato, optional but worth it
- Lime wedges
- Cilantro, for finishing

Garden tip: Use whatever peppers and onions are ready to harvest. That's the whole point.

### Instructions

1. 1. Brown the beef
   Cook beef in a large skillet, breaking it up like tacos, about 5 minutes. Drain and transfer to a bowl.
2. 2. Sizzle the veggies
   Heat oil in the same skillet. Add onion, peppers, garlic and salt. Cook 4-6 minutes, stirring occasionally.
3. 3. Bring it together
   Stir beef, chili powder, cumin and cayenne into the skillet. Heat 1 minute. Stir in lime juice, remove from heat and add cilantro.
4. 4. Serve it up
   Prepare cauliflower rice or regular rice according to package directions. Spoon the skillet over rice and top with avocado, tomato and a squeeze of lime.

SERVE IT UP

Spoon it over cauliflower rice if you're watching carbs, or regular rice if you're not. Add avocado and tomato, squeeze over lime, and call it dinner.

Use what you have, grow what you can, and make it work.

The Rooted in Reality verdict

One skillet. Garden peppers. Big flavor. Minimal dishes.

Sometimes the best garden harvest isn't another jar sitting on a shelf… it's dinner.