

# Week One

FIRE UP FOR FALL FITNESS



## Black Skillet Beef with Greens & Red Potatoes

*A heart-healthy one-dish meal that is made with lean top round beef, lots of vegetables, and a spicy, herb mixture.*

### Ingredients:

1 lb	Top round beef	8	Red-skinned potatoes, halved
1 Tbsp	Paprika	3 C	Finely chopped onion
1 1/2 tsp	Oregano	2 C	Beef broth
1/2 tsp	Chili powder	2 (large)	Garlic cloves, minced
1/4 tsp	Garlic powder	2 (large)	Carrots, peeled, cut into very thin strips
1/4 tsp	Black pepper	2 (bunches)	Mustard greens, kale, or turnip greens, stems removed. Coarsely torn as needed
1/8 tsp	Red pepper		
1/8 tsp	Dry mustard		
	Nonstick spray coating		

### Directions:

1. Partially freeze beef. Thinly slice across the grain into long strips 1/8-inch thick and 3 inches wide.
2. Combine paprika, oregano, chili powder, garlic powder, black pepper, red pepper, and dry mustard. Coat strips of meat with the spice mixture.
3. Spray a large heavy skillet with nonstick spray coating. Preheat pan over high heat.
4. Add meat; cook, stirring for 5 minutes.
5. Add potatoes, onion, broth, and garlic. Cook covered, over medium heat, for 20 minutes.
6. Stir in carrots, lay greens over top, and cook, covered, until carrots are tender, about 15 minutes.
7. Serve in large serving bowl, with crusty bread for drinking.

Yield: 6 servings -- Serving size: 7 oz.

Each serving provides:

Calories: 342

Saturated fat: 1 g

Sodium: 101 mg

Total fat: 4 g

Cholesterol: 45 mg

