

Cheesy Beef Quinoa (One-Skillet Meal)

Prep Time	Cook Time	Total Time
5 mins	20 mins	25 mins

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Recipe type: Lunch/Dinner
Servings: 4-5

Ingredients

1 pound lean Ground Beef
1 cup Quinoa, dry
1 can Diced Tomatoes with green chilies
About $\frac{3}{4}$ cup Cheddar Cheese, shredded
Homemade Taco Seasoning (get the recipe [HERE](#)) or add the following: 1 TB Chili Powder, $\frac{1}{4}$ tsp Garlic Powder, $\frac{1}{4}$ tsp Onion Powder, $\frac{1}{4}$ tsp Dried Oregano, $\frac{1}{2}$ tsp Paprika, 1 $\frac{1}{2}$ tsp Cumin Salt & Pepper, to taste



Instructions

1. Cook quinoa according to instructions (about 15 minutes)
2. While it's cooking, brown your beef in a large skillet.
3. Turn heat down to medium-low. Mix in taco seasoning & can of tomatoes/chilies.
4. Once quinoa is cooked, add to the beef mixture & stir together.
5. Top with shredded cheese and stir together till cheese melts.
6. Add a side of veggies with your meal (opt) and enjoy!

Balanced Meal Breakdown

Protein – Ground beef, some from quinoa & cheese

Carbs – Quinoa, any veggie side you may have

Fat – From the beef & cheese

* You can omit the cheese if you like, it still tastes great without it!