

YIELD: 4 SERVINGS

# One-Skillet Ground Beef and Wild Rice

A quick and easy one-skillet meal with ground beef and wild rice

PREP TIME	COOK TIME	TOTAL TIME
10 minutes	45 minutes	55 minutes

## Ingredients

- 1 Tbsp avocado oil
- 1/2 medium red onion, chopped
- 1 lb grass-fed ground beef
- 4 cloves garlic, minced
- 1 small red bell pepper, cored and chopped
- 1 tsp sea salt, to taste
- 2 tsp dried oregano
- 1/2 tsp ground paprika
- 1/4 tsp nutmeg
- 2/3 cup wild rice
- 1 1/2 cups beef broth, or chicken broth
- 1 small bunch rainbow chard, chopped



## Instructions

1. Heat the avocado oil to medium-high in a cast iron skillet. Add the onion and saute, stirring occasionally until softened, about 5 minutes.
2. Move onions off to the side and add the hunk of ground beef. Sear the beef for 2 to 3 minutes per side before breaking it up into smaller pieces with a spatula.
3. Add the remaining ingredients except for the rainbow chard and bring to a full boil. Reduce the heat, cover the skillet, and cook at a gentle simmer for 40 minutes, or until much of the liquid has absorbed.
4. Add the chopped rainbow chard, replace the cover and cook until chard has wilted, about 3 minutes. Stir well and serve!