

SOUTHWEST *Skillet*

PREP
10 min

COOK
10 min

TOTAL
20 min

YIELD
4 servings

Ingredients

1 tablespoon extra virgin olive oil
1 small onion, chopped
1 medium bell pepper, chopped
1 small zucchini, chopped
2 medium cloves garlic, minced
1 pound ground beef or crumbled tofu
1 15-ounce can black beans, rinsed and drained
1 can corn, drained; 1½ cups frozen corn; or 1 large ear of corn with kernels cut off the cob
2 teaspoons chili powder
1 teaspoon cumin
1 teaspoon paprika
¼ teaspoon fine sea salt
¼ teaspoon black pepper
½ lime, juiced

Directions

- 1** Heat oil in a large pan over medium-high heat.
- 2** Add onion, pepper, and zucchini to pan and sauté for approximately 4 minutes, until soft. Add garlic and cook for 1 minute.
- 3** Add beef and toss to combine. Let cook for 5 minutes, stirring occasionally until beef is lightly browned and cooked through.
- 4** Add beans, corn, and spices. Stir to combine and cook for another 2 minutes.
- 5** Add lime juice, transfer to serving dishes, and serve warm.

Nutrition Facts: 405 calories, 16g fat, 5g saturated fat, 550mg sodium, 35g carbohydrate, 11g fiber, 6g sugar, 32g protein