



Categories: Family Friendly. Low Carb. Dairy Free. *

Meaty Broccoli

Yield: 4 servings

Prep time: 15 minutes

Total time: 40 minutes

Ingredients

Olive Oil | ¼ cup

Ground Beef, grass-fed | 1 pound

Rao's Marinara Sauce | 2 cups

Broccoli Florets | 1.5 pounds

Lemon Juice | 2 teaspoons

Salt | ¼ teaspoon

Black Pepper | ¼ teaspoon

Parmesan Cheese, shredded | ¼ cup *omit to keep dairy free

Directions

Preheat oven to 400 degrees F

Line your baking sheet with parchment paper.

Brown ground beef in pan until no longer pink.

While beef is cooking, roast your broccoli. Place broccoli on lined sheet pan and mix olive oil, lemon juice, salt and pepper together. Sprinkle over broccoli and toss to coat. Roast for 20-25 mins, until it is fork tender and a bit crispy.

While the broccoli is roasting, mix your beef and Raos marinara sauce together and heat.

Add additional veggies if you like (sauteed mushrooms, green peppers, onions, zucchini -just make sure to add them to your tracking app as the macros will be different)

When broccoli is done, divide into 4 servings and serve with meat sauce on top. A sprinkle of parmesan finishes it off. Use nutritional yeast or omit cheese to keep dairy free.

Macronutrient Breakdown

Calories: 498 kcal | Carbohydrates: 10g | Protein: 27g | Fat: 37g | Sodium: 755mg

Meaty Broccoli		
Nutrition Facts		
Serving Size: 1 Serving		
Amount Per Serving	% Daily Value*	
Calories	498 kcal	25 %
Total Fat	37.7 g	58 %
Saturated Fat	9.9 g	49 %
Trans Fat	0.9 g	
Cholesterol	75.7 mg	25 %
Sodium	755 mg	31 %
Total Carbohydrate	12.5 g	4 %
Dietary Fiber	2.5 g	10 %
Sugars	4.3 g	
Protein	27.3 g	55 %
Vitamin A	34 %	Vitamin C 178 %
Calcium	13 %	Iron 24 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		