



Cheezy Beef & Zoodle Bowl

4 servings
25 minutes

Ingredients

907 grams Extra Lean Ground Beef
55 grams Nutritional Yeast
1 gram Fresh Dill (chopped, divided)
3 grams Sea Salt
4 Zucchini (spiralized)

Directions

- 1 Add the beef to a pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, add the nutritional yeast, half of the fresh dill and sea salt. Mix together until evenly combined and set the mixture aside in a bowl.
- 2 Drain the excess beef drippings and place the pan back on medium heat. Toss in the zucchini and cook for 2 to 3 minutes, or until cooked to your preference.
- 3 Divide the zucchini noodles into bowls and top with the ground beef mixture and remaining dill. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Additional Toppings: Add cherry tomatoes or bell peppers.

No Spiralizer: Chop the zucchini into small circles and sauté until they're cooked to your preference.