

ground beef, spinach & chickpea power bowl

Makes 4 servings

PREP TIME: 10 minutes

COOK TIME: 15 minutes

½ to 1 Tbsp avocado oil
1 medium onion, diced
2 cloves garlic, minced
1 lb lean ground beef or bison, preferably grass-fed
1 can chickpeas, drained and rinsed
10 oz (about 10 cups) fresh baby spinach, it cooks down a lot
1 tsp smoked paprika
1 tsp ground cumin
½ tsp salt, adjust to taste
½ tsp black pepper
1 avocado, sliced
sliced green onion (optional for garnish)
squeeze of lemon or lime for brightness (optional)

HEAT a large skillet over medium high heat. Add avocado oil and diced onion and cook 3–4 minutes until softened.

ADD garlic and cook for 30 seconds until fragrant.

ADD the ground beef. Cook 5–7 minutes, breaking it up until browned.

ADD smoked paprika, cumin, salt, and pepper. Stir to coat the beef evenly.

POUR in the drained chickpeas.

ADD the spinach in batches. Stir until fully wilted and incorporated into the skillet.

SPOON the mixture into bowls.

TOP with fresh avocado slices, sliced green onion and a squeeze of lemon or lime.

