

■■ Easy Garlic Butter Ground Beef Skillet

Gluten-Free • No Added Oils • Full of Flavor

Ingredients:

- 1 lb ground beef
- 6 cloves garlic, minced
- 1 small onion, diced
- 2–3 tbsp real butter (grass-fed preferred)
- 1 tbsp coconut aminos (gluten-free soy/Worcestershire alternative)
- 1 tsp Italian seasoning
- Sea salt & black pepper to taste
- Optional: 1–2 cups chopped spinach, kale, or chard
- Fresh parsley or green onions for garnish

Instructions:

1. Melt 1 tbsp of butter in a skillet over medium heat. Add garlic and cook for 30–60 seconds.
2. Add onion and sauté 2–3 minutes. Then add ground beef and cook until browned.
3. Stir in coconut aminos, seasoning, salt, and pepper. Let it all simmer for 2–3 minutes.
4. Stir in the remaining butter and optional greens. Cook until melted and wilted.
5. Garnish and serve!

■■ *Serving Ideas:*

- Over mashed sweet potatoes or cauliflower
- With quinoa, rice, or gluten-free pasta
- As a lettuce wrap filling or taco bowl base
- Scooped right into a bowl with a spoon ■

– Brett & the Sunday Chef Team

Want more easy clean recipes? Just reach out and let us know what you're craving!