

Glow Bowl: Creamy Beef & Veggie Medley

Ingredients:

1 lb ground sirloin

1 small onion, diced

2-3 ribs celery, diced

1/2 tsp sea salt

1/4 tsp black pepper

1 cup cooked white or brown rice (optional)

1/2 cup plain Greek yogurt

1 capful of plant-derived minerals

Fresh parsley for garnish (optional)

Gluten-free

Oil-free

High-protein

Full of flavor

Mineral-powered

Instructions:

Brown the beef:

In a skillet over medium heat, cook the ground sirloin until browned. Break it apart as it cooks - no oil needed!

Add veggies:

Stir in diced onion and celery. Cook 5-7 minutes until softened.

Season:

Sprinkle in sea salt, black pepper, and (if desired) a dash of garlic or paprika.

Cream it up:

Stir in the Greek yogurt and reduce the heat. Let it simmer for 3-5 minutes, allowing everything to

meld into creamy, comforting perfection.

Optional rice:

Add cooked rice now if you want a heartier bowl. Stir until warmed through.

Add minerals:

Right before serving, stir in 1 capful of plant-derived minerals to elevate the nutritional profile.

Garnish & serve:

Top with fresh parsley and serve warm. Leftovers? Even better tomorrow.

Why you'll love this Glow Bowl:

Nourishing without being heavy

Comforting without guilt

Simple, fast, and deeply satisfying

Try it out and let me know if your family asks for seconds (they will).

To glowing from the inside out,

- Your Sunday Chef