

Flavorful Mediterranean Ground Beef Stir Fry - A One-Pan Dinner with Bold, Bright Flavor

Looking for a quick, wholesome dinner that doesn't skimp on flavor? This



TIME
30 min

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INGREDIENTS

- 1 lb ground beef
- 1 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 cup cherry tomatoes, halved
- 1 tsp dried oregano
- 1 tsp ground cumin
- ½ tsp paprika
- Salt and black pepper, to taste
- ... cup Kalamata olives, sliced
- ... cup crumbled feta cheese (optional)
- Fresh parsley, chopped, for garnish

DIRECTIONS

- 1.** Brown the Beef: Heat olive oil in a large skillet over medium heat. Add ground beef and cook, breaking it apart with a spoon, for about 7-8 minutes, until browned and fully cooked. Drain excess fat if needed.
- 2.** Add Aromatics: Stir in the onion and garlic, and sauté for 2-3 minutes until soft and fragrant.
- 3.** Cook the Veggies: Add bell pepper, zucchini, and cherry tomatoes to the skillet. Cook for 5-6 minutes, stirring occasionally, until vegetables are tender but still crisp.
- 4.** Season It Up: Sprinkle in oregano, cumin, paprika, salt, and pepper. Mix well to coat everything in Mediterranean flavor.
- 5.** Finish with Flair: Stir in Kalamata olives and feta cheese (if using). Remove from heat.
- 6.** Serve & Garnish: Top with freshly chopped parsley, and serve warm.

TIPS FOR SUCCESS

Don't overcook the veggies : You want them vibrant and slightly crisp, not mushy.

Make it a meal prep star : Store in individual containers for easy lunches.

Go low-carb : Serve on a bed of cauliflower rice or eat as-is. ?

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/flavorful-mediterranean-ground-beef-stir-fry-a-one-pan-dinner-with-bold-bright-flavor/>