

Healthy Ground Beef Stir Fry with Zucchini, Olives, and Cherry Tomatoes

If dinner needs to be fast, flavorful, and full of good-for-you ingredients, this



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20 min

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INGREDIENTS

- 1 lb ground beef
- 1 tbsp olive oil
- 1 small onion, diced
- 3 cloves garlic, minced
- 1 bell pepper, chopped
- 1 zucchini, diced
- 1 cup cherry tomatoes, halved
- $\frac{1}{2}$ cup Kalamata olives, sliced
- 1 tsp dried oregano
- $\frac{1}{2}$ tsp cumin
- $\frac{1}{2}$ tsp paprika
- Salt & pepper, to taste
- ... cup feta cheese, crumbled
- Fresh parsley, chopped, for garnish

DIRECTIONS

- Step 1: SautØ Onion and Garlic:** In a large skillet, heat olive oil over medium heat. Add the diced onion and garlic, cooking for 2-3 minutes until fragrant and softened.
- Step 2: Brown the Beef:** Add ground beef and break it apart with a spatula. Cook until fully browned, about 5-7 minutes. Drain excess fat if necessary.
- Step 3: Add Vegetables:** Stir in the bell pepper, zucchini, and cherry tomatoes. Cook for another 5-6 minutes, until veggies are tender and tomatoes are starting to burst.
- Step 4: Season:** Sprinkle in oregano, cumin, paprika, salt, and pepper. Stir well to combine and coat everything in the spices.
- Step 5: Toss in Olives:** Add sliced olives and cook for an additional 2 minutes to warm them through.
- Step 6: Finish with Feta and Parsley:** Remove the skillet from heat. Sprinkle the dish with crumbled feta and chopped parsley.
- Step 7: Serve:** Enjoy on its own or serve over a bed of rice, quinoa, or tucked into warm pita for a wrap-style meal.

SWAPS & NOTES

Ground meat options : Sub in ground turkey, lamb, or chicken for a different twist.

Add grains : Serve over rice, couscous, quinoa, or with warm pita bread.

Spinach, eggplant, or mushrooms would all be delicious additions.

Spice it up : Add a pinch of chili flakes or harissa for extra heat.

TIPS FOR SUCCESS

Dice veggies evenly for even cooking and better texture.

Don't overcook tomatoes - you want them soft but not mushy.

Feta tip : Use block feta and crumble it yourself for better flavor and texture.

Meal prep friendly : This dish reheats beautifully for lunch or dinner.

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

Original recipe: <https://chefmaniac.com/healthy-ground-beef-stir-fry-with-zucchini-olives-and-cherry-tomatoes/>