

## Jalapeño Popper Meets Pita: A Spicy Ground Beef Stir Fry Twist

Spicy Jalapeño Popper Mediterranean Ground Beef Stir Fry with a Twist ??



**TIME**  
**7 min**

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### INGREDIENTS

For the Stir Fry:

- 1 lb ground beef (or ground lamb for a classic Mediterranean vibe)
- 1 tbsp olive oil
- 1 small red onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1-2 jalapeños, finely chopped (adjust to taste)
- 1 cup baby spinach or kale (optional)
- 1 tsp smoked paprika
- $\frac{1}{2}$  tsp ground cumin
- $\frac{1}{2}$  tsp dried oregano
- $\frac{1}{2}$  tsp sea salt
- ... tsp black pepper
- $\frac{1}{2}$  tsp red pepper flakes (optional for extra heat)

For the Creamy Jalapeño Popper Sauce:

- 4 oz cream cheese, softened
- $\frac{1}{2}$  cup Greek yogurt or sour cream
- $\frac{1}{2}$  cup crumbled feta cheese
- 1 tbsp lemon juice

2 tbsp fresh dill or parsley, chopped

Optional: 1 tbsp hot sauce for extra fire

For Serving:

- Warm pita bread, naan, or lettuce wraps
- Cooked rice, couscous, or quinoa

Sliced cucumbers, cherry tomatoes  
Fresh mint leaves

## DIRECTIONS

1. **Cook the Ground Beef:** In a large skillet, heat olive oil over medium. Add the ground beef or lamb, breaking it apart with a spoon. Cook until fully browned, about 6-7 minutes. Drain any excess fat.
2. **SautØ the Veggies:** Add diced red onion, garlic, red bell pepper, and jalapeños. SautØ for 4-5 minutes until softened. Stir in baby spinach or kale in the last minute to wilt, if using.
3. **Add the Spices:** Stir in smoked paprika, cumin, oregano, sea salt, black pepper, and red pepper flakes. Let the spices toast for 1-2 minutes to enhance the flavor.
4. **Make it Creamy:** Lower the heat. Stir in cream cheese and Greek yogurt until melted and smooth. Add crumbled feta, lemon juice, and fresh herbs. Stir to combine. Add hot sauce if desired for more kick.
5. **Assemble and Serve:** Serve hot over fluffy rice, couscous, or quinoa. Or, spoon the mixture into warm pita pockets or lettuce cups. Garnish with sliced cucumbers, cherry tomatoes, and fresh mint for a cooling finish.

## TIPS FOR SUCCESS

Soften the cream cheese before mixing to ensure a smooth sauce.

Use gloves when handling jalapeños to avoid skin irritation.

Add greens like kale or spinach for nutrition and color.

Top with toasted pine nuts or crushed pita chips.

