

Ground Beef and Brussels Sprouts: A Quick, Hearty Skillet Dinner

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TIME
30 min

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INGREDIENTS

- 1 lb ground beef (lean or 85/15)
- 1 lb Brussels sprouts, trimmed and halved
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil or avocado oil
- 1 tablespoon soy sauce (or coconut aminos for gluten-free)
- 1/2 teaspoon smoked paprika
- Salt and black pepper, to taste
- Optional: red pepper flakes for heat
- Optional topping: shredded cheese, fried egg, or a squeeze of lemon

DIRECTIONS

- 1.** Prep the Brussels Sprouts: Trim the stems and slice each sprout in half. Larger ones can be quartered to ensure even cooking.
- 2.** Sear the Sprouts: Heat 1 tablespoon oil in a large skillet over medium-high heat. Place sprouts cut-side down and cook undisturbed for 3-4 minutes until golden. Stir and cook another 3-4 minutes until just tender. Remove and set aside.
- 3.** Cook the Beef: Add remaining oil to the skillet, then add diced onion. SautØ 2-3 minutes until softened. Add garlic and ground beef. Cook, breaking up the meat, until browned and fully cooked (6-8 minutes). Drain excess grease if needed.
- 4.** Combine and Season: Return Brussels sprouts to the skillet. Stir in soy sauce, smoked paprika, salt, pepper, and red pepper flakes if using. Let cook 2-3 minutes to meld flavors.
- 5.** Serve: Dish it up hot-straight from the pan or over your favorite grain or low-carb base. Top with a fried egg, cheese, or a bright squeeze of lemon for extra flair.

SWAPS & NOTES

and Swaps Ground Beef : Try ground turkey or chicken for a lighter version.

Brussels Sprouts : Fresh is best, but frozen (thawed and dried) works in a pinch.

Soy Sauce : Use tamari or coconut aminos for a gluten-free option.

Add-ins : Mushrooms or chopped bell peppers add color and flavor.

TIPS FOR SUCCESS

Let the sprouts sit while searing to get a deep caramelization.

Use a large skillet to avoid crowding the pan.

Taste and adjust seasoning -soy sauce adds salt, so taste before adding more.

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Original recipe: <https://chefmaniac.com/ground-beef-and-brussels-sprouts-a-quick-hearty-skillet-dinner/>