

Easy and Delicious Ground Beef Skillet Dinner

Some dinners are just so perfect, you'll find yourself making them again and again. This



TIME
8-10 min

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INGREDIENTS

- 1 lb ground beef
- 2 medium sweet potatoes, peeled and diced
- 2 small zucchinis, sliced into half-moons
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil, divided
- 1 teaspoon smoked paprika
- 1/2 teaspoon ground cumin
- Salt and black pepper to taste
- 2 tablespoons chopped fresh parsley

DIRECTIONS

1. **Prep the : Vegetables:** Dice the sweet potatoes and onion, and slice the zucchini.
2. **Cook the : Sweet Potatoes:** In a large skillet, heat 1 tablespoon of olive oil over medium heat. Add the diced sweet potatoes and cook for 8-10 minutes, stirring occasionally, until they are tender and slightly golden. Remove the potatoes from the skillet and set them aside.
3. **SautØ the Aromatics:** Add the remaining tablespoon of olive oil to the skillet. Add the diced onion and minced garlic and sautØ for 2-3 minutes, until the onion is soft and fragrant.
4. **Cook the : Ground Beef:** Add the ground beef to the skillet, breaking it apart with a spatula. Cook until the beef is browned and fully cooked. Drain any excess fat.
5. **Combine the : Veggies and Spices:** Add the sliced zucchini to the skillet and cook for 3-4 minutes, until it is just tender. Return the cooked sweet potatoes to the skillet.
6. **Season and : Serve:** Stir in the smoked paprika, cumin, salt, and black pepper. Stir everything together to combine and heat through for a minute or two. Garnish with fresh chopped parsley and serve warm.

SWAPS & NOTES

Meat: Ground beef is great here, but you could also use ground turkey or chicken for a leaner option.

You can also use ground sausage for a different flavor profile.

Veggies: Feel free to swap out the vegetables.

Bell peppers, carrots, or even mushrooms would be a great addition.

TIPS FOR SUCCESS

Cook the Sweet Potatoes First: Cooking the sweet potatoes first ensures that they get tender without the other vegetables becoming overcooked.

Don't Overcook the Zucchini: Zucchini cooks very quickly, so add it at the end to keep it from getting mushy.

Drain the Beef: Draining the excess fat from the ground beef ensures the dish isn't greasy.

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Original recipe: <https://chefmaniac.com/easy-and-delicious-ground-beef-skillet-dinner/>