

## One-Pan Ground Beef and Brussels Sprouts for a Quick Weeknight Meal

### Ground Beef and Brussels Sprouts



**GROUND BEEF AND BRUSSELS SPROUTS**

**INGREDIENTS**

- 1 small onion (chopped)
- 3 cloves garlic (minced)
- ...



**TIME**  
**8 to 10 min**

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#### INGREDIENTS

- 1 pound ground beef
- 1 pound Brussels sprouts, trimmed and halved
- 1 small onion, chopped
- 3 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- 1/2 teaspoon red pepper flakes, optional
- Salt and pepper, to taste

#### DIRECTIONS

- 1.** SautØ the aromatics: Heat the olive oil in a large skillet over medium heat. Add the chopped onion and minced garlic, then sautØ until fragrant and softened.
- 2.** Brown the beef: Add the ground beef to the skillet and cook until browned, breaking it up with a spoon as it cooks. Drain any excess fat if needed.
- 3.** Add the Brussels sprouts: Stir in the halved Brussels sprouts, soy sauce, salt, pepper, and red pepper flakes if using.
- 4.** Cover and cook: Cover the skillet and cook for 8 to 10 minutes, stirring occasionally, until the Brussels sprouts are tender but still slightly crisp.
- 5.** Serve warm: Taste and adjust the seasoning if needed, then serve warm straight from the skillet.

#### SWAPS & NOTES

This recipe is easy to adjust depending on your preferences or what you already have in the kitchen.

Ground turkey or ground chicken can be used instead of ground beef for a lighter version.

Tamari or coconut aminos can be used in place of soy sauce if needed.

Add sliced mushrooms for extra texture and an earthy flavor boost.

#### TIPS FOR SUCCESS

Do not overcook the Brussels sprouts.

They are best when tender with a little bite left in them, which keeps the dish fresh and gives a better texture overall.

Use a large skillet so the ingredients have room to cook evenly.

Overcrowding the pan can cause the Brussels sprouts to steam too much instead of sautéing properly.

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

Original recipe: <https://chefmaniac.com/one-pan-ground-beef-and-brussels-sprouts-for-a-quick-weeknight-meal/>