

Mediterranean Ground Beef Stir Fry: A Healthy One-Pan Dinner in 25 Minutes

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TIME
2 to 3 min

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INGREDIENTS

1 pound lean ground beef (85-90%)
1 red bell pepper, sliced
1 zucchini, chopped
1 cup cherry tomatoes, halved
1 small onion, chopped
3 garlic cloves, minced
1 tablespoon olive oil
Optional Pantry Add-Ins for More Mediterranean Flavor:
1 teaspoon dried oregano
1/2 teaspoon paprika
1/2 teaspoon ground cumin
Salt and black pepper, to taste
Fresh parsley or feta for serving
Lemon wedges for finishing

DIRECTIONS

- 1. Heat the Pan:** Place a large skillet over medium-high heat and add the olive oil. Once the oil is warm, add the chopped onion and cook for 2 to 3 minutes until it starts to soften.
- 2. Add the Garlic:** Stir in the minced garlic and cook for about 30 seconds, just until fragrant. Be careful not to let it burn.
- 3. Brown the Beef:** Add the ground beef to the skillet. Break it apart with a wooden spoon and cook until browned and cooked through, about 6 to 8 minutes. If there is excess grease, carefully drain it off.
- 4. Add the Vegetables:** Stir in the sliced red bell pepper and chopped zucchini. Cook for about 4 to 5 minutes, stirring occasionally, until the vegetables are slightly tender but still have a bit of bite.
- 5. Finish with Tomatoes and Seasoning:** Add the cherry tomatoes and cook for another 2 to 3 minutes, just until they begin to soften and release some juices. Season with salt, black pepper, and, if using, oregano, paprika, and cumin.
- 6. Serve:** Taste and adjust seasoning as needed. Finish with fresh parsley, feta, or a squeeze of lemon if desired, then serve warm.

SWAPS & NOTES

This recipe is naturally adaptable, which is one reason I make it so often.

Ground turkey or ground chicken can work in place of the beef if you want something even lighter, though the beef brings a

deeper savory flavor that works especially well with Mediterranean seasonings.

Zucchini and bell pepper are a great combination here, but eggplant, spinach, or mushrooms also fit the flavor profile nicely.

Cherry tomatoes add freshness and a little juiciness to the pan,

so I would keep those if possible.

TIPS FOR SUCCESS

The key to a great stir fry like this is not overcooking the vegetables.

You want the zucchini and peppers tender, but still colorful and lively.

Letting them keep a little texture helps the whole dish feel fresher and more balanced.

Another helpful tip is to use a large skillet so the beef browns instead of steams.

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