

American Chop Suey – Grass Fed



PREP TIME:
5 MINUTES

COOK TIME:
25 MINUTES

TOTAL TIME:
30 MINUTES

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Recipe type: Gluten Free / Dairy Free

Yield: 4-6 Servings

Ingredients:

- 1 lb. Grass Fed Organic Ground Beef
- 2 TBSP Olive Oil
- ½ Medium Onion Diced
- 2-3 Garlic Cloves Minced
- 1 Teaspoon Himalayan Sea Salt
- Cracked Black Pepper to Taste
- 4 Fresh Basil Leaves Chopped (1 Teaspoon dried)
- 1 Jar Organic Tomato Sauce of Choice (*I used Whole Foods Marinara*)
- 1 12 oz. Box Jovial Pasta (Gluten Free)
- 1 8 oz. Package or larger Organic Spinach

Instructions:

1. In large sauté pan – heat the olive oil on medium heat.
2. Add onion to pan and let cook 3-5 minutes. Next add garlic and let cook 1-2 minutes (make sure to watch - avoid burning garlic)
3. Add ground beef and break apart with wooden spoon.
4. While meat cooks up, add seasonings to meat – salt and pepper.
5. Once meat is cooked through, add jar of sauce. Let heat through – then add the basil.
6. In the meantime, cook pasta according to directions on box.
7. Place 1 – ½ cups spinach on plate and top with about ½ cup sauce. Then add ½ cup cooked pasta on top of sauce.
8. Top the pasta with about ¼ Cup – ½ Cup more sauce.

Optional: Sprinkle with Nutritional Yeast or Vegan Mozzarella/Parmesan Cheese

***Try and use all organic ingredients if possible.**