

Green Bean Skillet Dinner



Sometimes yummy things happen when you least expect them! This dinner was one of those times. Tonight I needed to throw something together quick so we could eat and get out the door. This is the result of that need. I'm just going to title it Skillet Dinner because I don't want to lock you in to a specific veggie or meat. This will be a very versatile recipe. It is an S on the THM eating plan as I have made it but could be an FP easily with some tweaks! For FP just substitute chicken for the beef and reduce coconut oil to 1 tsp per

serving.

Skillet Dinner

1 pound meat (I used grass fed ground beef)

2 TBSP coconut oil

Veggies of choice (My Combo is below)

1 bag of frozen cauliflower (I riced it in the food processor but you could buy riced)

2 large cans of green beans

Seasonings for the meat/veggie mixture

1/2 tsp salt

2 tsp nutritional yeast

Sauce

3/4 cup cottage cheese

2 Light Laughing Cow wedges

1/4 cup almond or cashew milk

1/4 cup chicken stock

1/4 tsp salt

1/8 tsp pepper

2 tsp nutritional yeast

Directions:

1. Brown meat in 12 inch skillet. Add riced cauliflower and green beans and season. Cook for 8-10 minutes or until veggies get close to your desired doneness.
2. Put sauce ingredients in blender or food processor and blend until totally smooth.
3. Stir sauce into meat and veggie mixture and simmer for additional 5 minutes.
4. Enjoy!!