



Savory Egg & Beef Oats

3 servings

20 minutes

Ingredients

- 1 1/2 cups Oats (rolled)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 lb Extra Lean Ground Beef
- 1/2 cup Mushrooms (sliced)
- 1 cup Kale Leaves (chopped)
- 3 Egg
- 2 tbsps Nutritional Yeast

Nutrition

Amount per serving	
Calories	540
Fat	25g
Carbs	31g
Fiber	6g
Sugar	1g
Protein	46g
Cholesterol	284mg
Sodium	194mg
Potassium	902mg
Vitamin C	7mg
Calcium	89mg
Iron	7mg
Vitamin D	47IU
Folate	53µg
Vitamin B12	26.3µg
Magnesium	96mg
Zinc	9mg

Directions

- 1 Cook the oats according to package directions.
- 2 Heat the oil in a pan over medium heat. Add the beef and break it up as it cooks. Cook for seven to 10 minutes or until the beef is cooked through. Drain the fat from the pan and return to the stove.
- 3 Add the mushrooms and kale to the beef. Crack the eggs over the mixture and stir to combine. Cook for five minutes, or until the mushrooms are soft. Stir often to ensure the eggs are cooked through.
- 4 Divide the oats and beef mixture evenly between bowls and top with the nutritional yeast. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately three cups.

More Flavor: Add sea salt, pepper, garlic, onions and/or chilli flakes.

Additional Toppings: Top with sliced cherry tomatoes and/or avocado.