



Creamy Mushroom & Parsnip Skillet

2 servings
25 minutes

Ingredients

- 1 Parsnip (large, roughly chopped)
- 8 1/16 ozs Lean Ground Beef
- 1 1/2 tsps Extra Virgin Olive Oil
- 1/2 Yellow Onion (chopped)
- 8 Cremini Mushrooms (medium, sliced thin)
- 1/2 tsp Sea Salt (divided)
- 4 fl ozs Bone Broth
- 1/2 cup Canned Coconut Milk
- 1/4 cup Parsley (chopped, plus more for serving)

Nutrition

| Amount per serving | |
|--------------------|--------|
| Calories | 541 |
| Fat | 39g |
| Carbs | 22g |
| Fiber | 5g |
| Sugar | 9g |
| Protein | 26g |
| Cholesterol | 89mg |
| Sodium | 794mg |
| Potassium | 1002mg |
| Vitamin A | 843IU |
| Vitamin C | 23mg |
| Calcium | 85mg |
| Iron | 5mg |
| Vitamin D | 8IU |
| Vitamin E | 2mg |
| Vitamin K | 130µg |
| Thiamine | 0.2mg |
| Riboflavin | 0.5mg |

Directions

- 1 Add the chopped parsnip to a blender or food processor and process until it resembles a rice-like texture. Set aside.
- 2 Heat a skillet over medium heat. Add the beef to the pan, breaking it up as it cooks. Once it is cooked through and no longer pink, transfer to a bowl and set aside. Drain any excess drippings from the pan.
- 3 Add the oil to the pan. Add the mushrooms and onion and cook for five to seven minutes or until the mushrooms have softened and onions are translucent. Season with half of the salt.
- 4 Add the parsnip rice and cooked beef to the pan. Stir in the bone broth and coconut milk. Bring the mixture to a simmer and continue to cook for eight to 10 minutes or until the parsnip rice is tender and most of the liquid has evaporated. Stir in the parsley and season with the remaining salt.
- 5 Divide between plates, top with additional parsley if desired and season with additional salt to taste. Enjoy!

Notes

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

Serving Size: One serving is approximately 1 1/2 cups.

More Flavor: Add fresh garlic or other dried herbs and spices to taste.

No Beef: Use chicken, turkey, or pork instead.

No Parsnip: Use cauliflower or carrot instead.

No Bone Broth: Use beef or vegetable broth instead.



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| Niacin | 8mg |
| Vitamin B6 | 0.5mg |
| Folate | 78µg |
| Vitamin B12 | 2.5µg |
| Phosphorous | 301mg |
| Magnesium | 53mg |
| Zinc | 5mg |
| Selenium | 25µg |