

# Beef & Veggie Scramble

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**Serves:** 2

## **Ingredients:**

1 Tbsp butter, ghee or coconut oil  
1 garlic clove, minced  
1/4 cup red onion, chopped  
1/4 cup mushrooms, chopped  
1/4 cup bell peppers, chopped  
1/4 lb ground beef  
4 eggs  
1 tsp herbs and spices of your choosing (I used basil)  
salt and pepper, to taste  
2 Tbsp guacamole

## **Preparation:**

Melt butter in skillet over medium heat and add garlic until fragrant.  
Add red onion, mushrooms and peppers. Sauté until soft, about 3 minutes.  
Now add your beef and break up with a wooden spoon. Cook through, about 3-5 minutes.  
Whisk 4 eggs in small mixing bowl.  
Pour eggs over mixture. Cook about 2-3 minutes, stirring gently to scramble.  
Garnish with spices, salt, pepper and guacamole before serving.