



Ground Beef with Roasted Eggplant

Dive into the robust flavors of Ground Beef with Roasted Eggplant, a hearty and healthy dish perfect for any meal. This recipe begins with a medium eggplant, halved and scored to create a diamond pattern, then brushed with your choice of extra virgin coconut or avocado oil and roasted until tender. In a skillet, grass-fed ground beef is browned and combined with diced onions and minced garlic until the onions are translucent. Petite tomatoes, rich in flavor and diced with their juices, are added along with dried oregano and seasoned with Himalayan sea salt and fresh ground black pepper. A touch of balsamic vinegar enhances the depth of the dish. The roasted eggplant is scooped and stirred into the beef mixture, creating a satisfying blend of textures and flavors. Perfect for doubling up, this meal guarantees delightful leftovers for the next day.



Ingredients

- 1 medium eggplant
- 1 Tbs. extra virgin coconut, or avocado oil
- ½ lb. grass-fed ground beef
- 1 cup onion, dice
- 1 Tbs. minced garlic
- 1/2 cup petite tomatoes, diced, with juices
- 1-1/2 tsp. dried oregano
- 1 Tbs. balsamic vinegar (without sugar)
- Himalayan sea salt and fresh ground black pepper, to taste



Instructions

Preheat oven to 400 F. Cut eggplant in half lengthwise. Score the flesh with a knife diagonally, about 1" apart, cutting deep without puncturing the skin. Turn eggplant around and score again, creating a diamond pattern. Brush with oil and lay cut side down on a baking sheet lined with parchment paper. Roast for 25-30 minutes, until tender.

While eggplant is roasting, brown the ground beef in a large skillet. (Do not drain grass-fed beef, leaving juices.) Add onion and garlic, cooking until translucent. Add tomatoes and oregano and season with sea salt and pepper. Simmer for 10-15 minutes, until tomatoes are slightly broken down. Add the balsamic vinegar.

When the eggplant is done, scoop out 1-1/2 cups, and place into the ground beef mixture. Mix gently and enjoy!

Double your recipe and have plenty of leftover for lunch or another dinner!