

# BEEF AND TOMATOES

**Time: 20 minutes**

**Serves: 4**

### Ingredients:

28 ounce can tomatoes – coarsely chopped  
1 pound extra lean grass-fed ground beef  
¼ teaspoon kosher salt  
¼ teaspoon freshly ground pepper

### Preparation:

Place a suitable pot on medium heat and add the tomatoes including juice. While the tomatoes are reaching a simmer, preheat a large frying pan over medium heat.

Mix the ground beef, salt and pepper in a bowl. Divide the beef into four equal balls and form into patties. Place the patties into the frying pan and cook for four minutes. Turn the patties and cook for an additional four minutes.

Remove the tomatoes from heat and pour over the beef in the frying pan, gently moving the beef to loosen up any caramelized bits from the bottom. Simmer for three minutes and serve.

### Nutritional Information Per Serving:

Calories: 226  
Fat: 6g  
Carbs: 15g  
Fibre: 4g  
Protein: 29g