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## Ground Beef and Quinoa

A delicious and nutritious recipe that combines ground beef and quinoa. This dish is packed with protein and fiber, making it a satisfying and healthy meal option.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

400 g	Ground Beef
200 g	Quinoa
100 g	onion
2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt

1 tsp	black pepper
1 tsp	cumin
1 tsp	paprika
1 c	tomato sauce
1 c	beef broth
100 g	cheddar cheese
10 g	fresh cilantro

## Directions

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### Step 1

#### Boiling

Cook quinoa according to package instructions.

**Prep Time:** 5 mins

**Cook Time:** 15 mins

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### Step 2

#### Sautéing

In a large skillet, heat olive oil over medium heat. Add onion and garlic, and cook until softened.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

#### Frying

Add ground beef to the skillet and cook until browned. Season with salt, black pepper, cumin, and paprika.

**Prep Time:** 5 mins

**Cook Time:** 10 mins

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### Step 4

#### Simmering

Stir in tomato sauce and beef broth. Simmer for 10 minutes.

**Prep Time:** 0 mins

**Cook Time:** 10 mins

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### Step 5

#### Plating

Serve ground beef mixture over cooked quinoa. Top with cheddar cheese and fresh cilantro.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 400 kcal

**Fat:** 30 g

**Protein:** 20 g

**Carbohydrates:** 20 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	4 g	10.53%	16%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

### Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	8 g	N/A	N/A
Saturated Fat	12 g	54.55%	70.59%
Fat	30 g	107.14%	120%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	20 mg	2%	2%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	2 mg	18.18%	25%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Seasonality

Fall

### Kitchen Tools

Slow Cooker

Blender

Mixer

Oven

Stove

### Nutritional Content

Low Calorie

High Protein

Low Fat

Low Carb

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

### Cuisines

Italian

Middle Eastern

### Diet

Anti-Inflammatory Diet

### Meal Type

Lunch

Dinner

Snack

### Difficulty Level

Medium

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