

Italian Seasoned Ground Beef

Yield: 6 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-seasoned-ground-beef-recipe>

Ingredients:

- 2 tablespoons olive oil
- 3/4 cup yellow onion chopped
- 2 cloves garlic fresh, minced
- 1 pound ground beef grass-fed
- 3/4 cup italian sausage
- 1/4 cup Italian parsley chopped

Nutrition:

1. Calories: 310 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 70 milligrams
4. Fat: 24 grams
5. Protein: 19 grams
6. SaturatedFat: 8 grams
7. Sodium: 250 milligrams
8. Sugar: 1 grams
9. TransFat: 1 grams

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