

# Beef & Plantain Burrito Bowl (Whole30, Paleo)

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If you know me, you know I'm OBSESSED with Plantains and finding different ways to use them in recipes. They're such a fascinating fruit and can be used for so many different dishes depending on their ripeness. When I first posted this recipe, I used Green Plantains and it turned out great, but I mentioned I would try it again with Ripe Plantains and give you an update. Well, the verdict is...MAKE THIS DISH WITH RIPE PLANTAINS!

The subtle sweetness from the Plantains blended with the savory beef & vegetable filling will totally have you ditching your old Burrito Bowl 😊 Pair it with a side of my super simple Citrus Cauliflower Rice to make it a full meal that also stores great as a meal prep for the week! This recipe also only requires 1 pan, no chopping up meat, and all the ingredients can be found easily at your local grocery store.

## INGREDIENTS

### *For the Beef & Plantain Bowl*

- 2 Lb Ground Beef
- 4 “Just Ripe” Plantains, diced
- 2 Red Bell Pepper, diced
- 1 Large Sweet Onion, diced
- 2 Tomatoes, diced
- 2 Bunches of Green Onions, chopped
- 8 Cloves Garlic, chopped very fine
- 4 Tbsp Cooking Oil
- 1 Packet Siete Mild Taco Seasoning
- Salt and Pepper to taste
- Cilantro to garnish

### *For the Citrus Cauliflower Rice*

- 3 Bags of Cascadian Farms Riced Cauliflower with Bell Peppers & Onions, prepared according to directions on package
- Juice of 1 Lime
- 2 Tbsp The New Primal Citrus Herb Seasoning

- Salt & Pepper to taste

## INSTRUCTIONS:

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1. Heat your oil in a large skillet over medium heat. Once hot, add your plantains and cook for 10 minutes, stirring occasionally. Remove plantains from heat and set aside on a plate. Save skillet for later use.
2. While your plantains are cooking, combine your Cauliflower Rice, Spices, and Lime Juice in a large bowl. Mix & set aside until ready to serve.
3. Add your Red Peppers, Onion, Garlic, & Green Onion to the same skillet you used to cook your Plantains earlier. Increase heat to medium high and cook 3-4 minutes.
4. Next, add your Ground Beef, Tomatoes, and Taco Seasoning to the skillet. Break up the ground beef with a spatula and cook until it's no longer pink.
5. Once beef is cooked, add your plantains back in and stir. Serve over cauliflower rice or on its own! Top with your favorite Whole30 sauce or dressing (I mixed 8oz Primal Kitchen Mayo with 1.5 Cups Fresh Basil) and Enjoy!

**MAKES 8 SERVINGS**

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