

ZUCCHINI, RICE AND GROUND BEEF

A Favorite Meal Prep of Andrea Shaw, 4X Ms. Olympia



AIR FRYER ZUCCHINI

Website: thecookful.com | **Contributor:** Christine Pittman

Prep Time: 2 minutes | **Cook Time:** 8 minutes

Total Time: 10 minutes | **Yield:** 4 Servings

Nutrition: Calories 21, Fat 2.4g, Sodium 145.5mg, Carbohydrates .2g, Protein .2g

INGREDIENTS

2 small to medium Zucchini

2 tsp Olive Oil (*for strict contest prep, skip this ingredient*)

1/4 tsp Salt

1/8 tsp Pepper

INSTRUCTIONS

- Preheat air fryer to 400°F.
- Trim the two ends off of each zucchini. Slice the zucchinis in half lengthwise, end to end. Slice into 3/4-inch slices.
- Put zucchini slices in a medium bowl with the olive oil, salt, and pepper. Toss to coat.
- Transfer to the air fryer basket and toss, arranging them in a single layer.*
- Cook for 5 minutes. Check and see if they're browned and slightly softened in the middle. If not, toss and then cook another 2-3 minutes.

NOTES:

*Depending on the size of your air fryer, you might not be able to fit them all in a single layer. You have two choices. One, cook them in two batches. Two, allow them to have some overlap – they won't brown as well but will still be delicious.



BOILED GROUND BEEF

Website: recipevibes.com

Prep Time: 3 minutes | Cook Time: 12 minutes

Total Time: 15 minutes | Servings: 4

INGREDIENTS

1 lb Ground Beef
 1 small Onion
 1 tsp Paprika
 Stock Cube
 Salt
 Water

ALTERNATIVE:

Use seasoning of your choice. Andrea uses Morton's Season All to replace onion, paprika, salt and stock cube.



INSTRUCTIONS

- Add ground beef to a pot.
- Add paprika, onion granules, garlic powder, cayenne pepper, stock cube and salt.
- Add water to the pot to cover the beef by 1 inch.
- Use a spoon to break the beef up into crumbles.
- Cover the pot and put it on the stove on medium heat. Boil ground beef for 10 minutes or until it is tender.
- During cooking, stir the beef intermittently to break it down into crumbles.
- When the beef is tender, take it off the heat.
- Drain the broth, place beef in bowl to serve.

RICE COOKER RICE

INGREDIENTS

Rice
 Water

INSTRUCTIONS

- Add rice to rice cooker.
- Add in the water with the rice. For every 1 cup of rice, add 1 1/2 cups of water.
- Press down on the cook button and let the rice cooker do its thing. It will automatically shut off the cook and stay on warm when the rice is done. Cook time will vary depending on how much rice you are cooking.



TO STORE GROUND BEEF:

In the fridge – When it is completely cooled, put it in an airtight container or a sealable bag and store it in the fridge where it will last for up to 3 days.

In the freezer – Let it cool completely, then put it in a Ziploc or an airtight container, label and store it in the freezer where it will keep well for up to 3 months.