Steak Zucchini Boats

- 5 zucchini, sliced in half lengthwise
- 1 lb. thinly sliced roast beef, chopped into small pieces
- 1 large yellow onion, sliced
- 2 garlic cloves, minced
- 6 oz. button mushrooms, sliced
- 1 bell pepper, chopped
- 1.5 tablespoon olive oil
- Himalayan sea salt and freshly ground black pepper

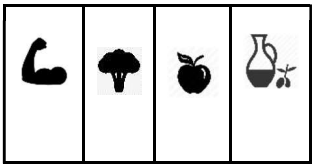
1. Preheat your oven to 400 F. Scoop out the center of each zucchini half to create “boats” with a hollow center, but make sure to leave a thick rim.

2. Brush the zucchinis with olive oil and season with salt and pepper to taste.

3. Bake the zucchini in the preheated oven for 15 to 20 minutes. Melt a teaspoon of coconut oil in a skillet placed over a medium heat. Sauté the onion and garlic for 2 to 3 minutes.

4. Add the bell pepper and mushrooms, and cook until soft, about 5 minutes. Add in roast beef, season everything to taste, and cook for 2 to 3 minutes, stirring.

5. Fill each zucchini with the beef mixture and serve.



Makes 5 servings.
Serving size: Approximately 2 zucchini halves with filling.
Enjoy with 1 cup of on plan fruit to complete the meal.