

GARDEN BEEF SKILLET SUPPER

INGREDIENTS

- 0.5-1 lb. lean ground beef
- 1 large garden tomatoes
- 0.5-1 yellow squash - sliced
- 0.5-1 bell peppers - chopped
- 0.5 leeks - chopped
- 0.5 tbsp. dried parsley flakes
- 0.5 tsp. Kosher Salt
- 0.13 tsp. pepper



PREPARATION

1. Place tomatoes on foil lined baking sheet and put in over under broiler for five to eight minutes. Meanwhile, get the ground beef going below.
2. In a large skillet over medium high heat, add ground beef and leeks.
3. Chop and stir with wooden spoon until beef is fully browned - for about ten minutes.
4. Remove tomatoes from oven while ground beef is cooking and set aside to cool slightly. Once cooled, carefully peel skin off and slice into large wedges.
5. Add tomatoes to ground beef and leeks in the skillet and continue cooking over medium high heat while you stir and chop them up.
6. Add salt, parsley and black pepper. Stir well and cook for about ten minutes.
7. Add in squash and bell pepper and stir well. Cook until squash is lightly translucent and bell pepper is just tender, about ten more minutes.
8. Enjoy!

