



Ashley's Meal Prep Monday!



Ground Beef & Zucchini Skillet

INGREDIENTS

1-2 lb ground beef
1 TSP salt
1 med chopped onion
2-3 zucchini sliced
into ½ inch half moons
2 gloves minced garlic
1 TSP Italian
seasoning
1 14oz can diced
tomatoes
2 TSP red wine
vinegar
DF parmesan cheese

Heat a large skillet over med/high heat. add beef (I used ground elk) and spread it out in the skillet. Sprinkle with ½ TSP salt and cook, stirring occasionally until browned.

Add onions, zucchini, garlic, Italian seasoning, and ½ TSP salt. Cook, stirring occasionally, until zucchini is just softening in the center - 8 ish minutes.

Add in diced tomatoes with the juice and drizzle it with the red wine vinegar. Cook while stirring until moisture has evaporated. Sprinkle with salt/pepper and parmesan cheese. Serve over rice or noodles and enjoy.

*I didn't have any canned tomatoes, so I used Rao's marinara and made something that was more like, "Not Spaghetti." BUT, it was delicious and I'd make that mistake again.

Recipe idea: cookthestory.com

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