

Ground Beef Veggie Skillet

- 2 tablespoon olive oil
- 1 lb extra-lean ground beef
- 1 garlic clove, minced
- 1 small onion, chopped
- 1 red bell pepper, chopped
- 2 medium zucchini or yellow squash, chopped
- ½ lb asparagus, cut in three parts each
- 1 large tomato, chopped
- 1 teaspoon Dijon mustard
- ½ cup tomato sauce
- ½ teaspoon of oregano
- 1/8 teaspoon crushed red pepper (optional)
- Salt and freshly ground black pepper to taste
- 1 tbsp Feta cheese, crumbled
- Fresh parsley, chopped

In a large skillet, heat olive oil over medium high heat. Add ground beef and garlic. Use a wood spoon to break up the ground beef while it cooks. Stir occasionally and cook for about 7 minutes. Set aside.

Add onions and red bell pepper to the same skillet and cook for 3-4 minutes or until the onions are soft. If it is necessary add a little bit of olive oil to help sauté the veggies.

Add the squash, asparagus, and tomatoes and cook for 3-5 minutes. It depends on how tender you prefer your veggies. Add the ground beef to skillet again and mix everything together.

Add the Dijon mustard, tomato sauce, oregano, crushed red pepper, salt and pepper to taste. And cook for 1-2 minutes more. Garnish with fresh parsley and feta cheese.