

THRIVE

BEEF VEGGIE SKILLET

1/2 tsp. dehydrated minced garlic
1/2 tsp. salt
1/16 tsp. cayenne pepper
1/16 tsp. dry ground mustard
1/4 tsp. Thrive Oregano (FD)
1/8 c. Thrive Tomato Sauce
1/8 c. Thrive Chopped Onions (FD)
1/4 c. Thrive Red Bell Peppers (FD)
1/4 c. Thrive Zucchini (FD)
1/4 c. Thrive Asparagus (FD)
1/2 c. Thrive Ground Beef (FD)
1 T. Thrive Parmesan Cheese (FD)

In a large skillet heat up 1 T. olive oil.
Pour contents of the jar into the pan, stir.
Add 1 cup of water and stir. Cook for 7-8
minutes until sauce is thickened.
Sprinkle parmesan cheese over top.
Serve over rice or enjoy plain.

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