

# THRIVE

## BEEF VEGGIE SKILLET

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

In a large skillet heat up 2 T. olive oil.  
Pour contents of the jar into the pan, stir.  
Add 2 cups 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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