



The Savory Supe

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It is that time of year again, kids going back to school, Superintendents aerifying, hunters heading to the field. This is a quick and easy recipe for those evenings when you don't have a bunch of time to cook a "sit-down" dinner.

Ingredients

- 1 pound lean ground beef
- 1 medium to large onion, diced or chopped
- 2 cloves of garlic, crushed
- 1 package (14-24 ounce) fresh oriental veggies. If you can not find the fresh stuff substitute 2 cans of the La Choy Oriental or Chop Suey vegetables.
- 2 cups cooked rice
- 3 1/2 tablespoons of soy sauce

Oriental Beef Veggie As a Skillet Dinner



In a large skillet brown the ground beef. Drain any excess drippings/fat.

Stir in the diced onion and cook until the onion is almost see through.

Add the oriental vegetables and quickly stir fry until heated through.

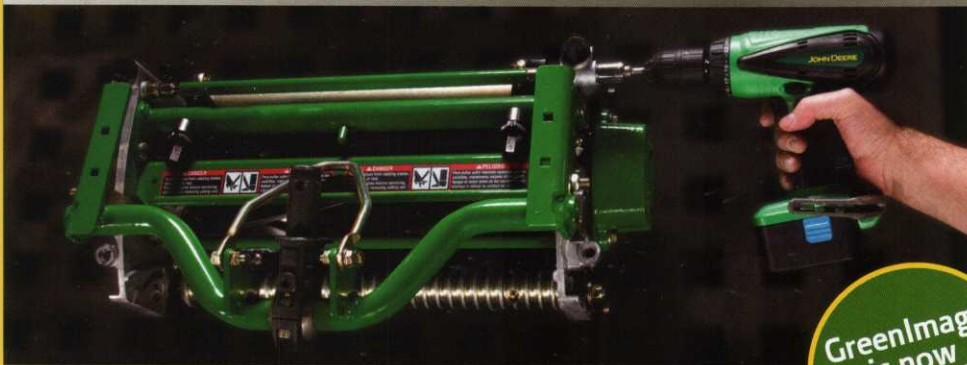
Add the cooked rice and soy sauce. Heat on low stirring often until evenly heated.

This recipe should serve 5-6 people easily. Any leftovers are excellent the next day for lunch at work.

Once again, this is a recipe that you can easily tweak with spices to your liking. Try a tiny bit of wasabi to spice it up a bit.

Enjoy!

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