



Make Your Own: Skillet Sauté

Makes 5 servings | Serving size: 1 cup

Ingredients Needed:

Vegetables

- 3 cups sliced fresh vegetables (mix up any combination of summer squash, zucchini, green peppers, or similar vegetables)
- 2 cups diced fresh or canned tomatoes

Seasoning (select one or more)

- ½ cup chopped celery
- ¼ cup chopped onion
- 1-2 cloves minced garlic
- 1-2 teaspoons mixed dried herbs (basil, thyme, oregano)
- Salt and pepper to taste

Protein (select one)

- 2 cups cooked dry beans or one can of beans, drained and rinsed
- 2 cups cooked ground beef, turkey or chicken

- 2 cups cooked and diced chicken, turkey, ham, lean beef or lean pork

Rice

- ½ cup uncooked instant white or brown rice with 1 cup water or broth

Directions:

1. Select food(s) from each category above.
2. Heat 1 tablespoon of oil in a large frying pan over medium heat.
3. Add vegetables and seasoning. Stir.
4. Reduce heat, cover, and simmer for 5–10 minutes.
5. Stir in cooked protein, rice, and water.
6. Cover and cook over low heat for 20 minutes.