

# GROUND BEEF STIR FRY

---

## INGREDIENTS

---

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1 1/4 pounds ground beef,<br>browned | 1 small squash, diced        |
| 1/2 small onion, diced               | 2 small zucchinis, diced     |
| 2 garlic cloves, minced              | 1/4 cup Bragg's Aminos       |
| 4 tbsp butter                        | sea salt and pepper to taste |
| 1 tsp garlic / herb seasoning        |                              |

## PROCEDURE

---

In a skillet, brown ground beef, garlic cloves, and onion.

Drain ground beef mixture and set aside.

Add 3 tablespoons of the butter to the skillet.

When the pan is hot add squash, zucchini, and seasoning.

Sautee' until veggies reach desired consistency.

Add ground beef, Bragg's Aminos, and the last tablespoon of  
butter to veggies and sauté on low for 5 min.

Salt and pepper to taste and serve.