Beef & Potatoes
Makes 7 – 1 cup servings

Ingredients:
3/4 pound lean ground beef
1 cup water
5-6 peeled, thinly sliced medium potatoes
1/2 cup plus 1 tablespoon of Eating Smart Seasoning Mix

Directions:
1. Brown 3/4 pound beef in a large skillet, drain the fat.
2. Add water, potatoes, and seasoning mix. Stir.
3. Bring to a boil, reduce heat to low and simmer covered for 20–30 minutes or until potatoes are tender.
4. Uncover and cook until excess water is evaporated.
5. Taste; then add a small amount of salt if needed.

Source: Eating Smart Being Active Curriculum Colorado State University and University of California Extension