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SPRINGTIME SKILLET DINNER

- 2 Tablespoons Fat
- 1 Clove Garlic, Minced
- 1 Cup Finely Diced Onion
- 1/2 Pound Ground Beef
- 1/2 Cup Raw Rice
- 5 Cups Water
- 1 Cup Finely Diced Carrots
- 1 Cup Finely Diced Potatoes
- 2 Teaspoons Soy Sauce
- 1 Tablespoon Salt
- 1/8 Teaspoon Pepper
- Parsley

DIRECTIONS

1. Brown garlic in hot fat. Remove.
2. Add onion and beef, cook until browned.
3. Add rice and water.
4. Simmer over low heat, uncovered, for 40 minutes.
5. Add carrots and potatoes.
6. Simmer 20 minutes.
7. Add soy sauce, salt and pepper.
8. Serve hot garnished with parsley.