

HEARTY SKILLET SUPPER

1 pound Cattleana Ranch ground beef
1 large onion, chopped
1 garlic clove, minced
1 cup chopped carrots
1 cup cubed peeled potatoes
1 cup water
½ cup uncooked long grain rice
2 tablespoons soy sauce
1 teaspoon salt
1/8 teaspoon pepper

In a skillet, cook beef, onion and garlic over medium heat until the meat is no longer pink; drain. Add the carrots, potatoes, water and rice; mix well. Cover and simmer for 30 minutes or until the rice and vegetables are tender. Just before serving, stir in soy sauce, salt and pepper. Yield: 4 servings.