

# Skillet Recipes



## American Goulash Skillet

Serves 4

### Ingredients:

- 1 pound lean ground beef or other meat
- 1 teaspoon kosher salt
- 1 Tablespoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 -1/2 teaspoon crushed red pepper flakes, to taste
- 1/2 teaspoon black pepper
- 1 (15-ounce) can tomato sauce
- 1 (14.5-ounce) can fire roasted diced tomatoes
- 1 can (14 ounces) beef broth or stock
- 8 ounces uncooked short tube pasta
- 2 cups mozzarella cheese, shredded

### Instructions:

1. In a large skillet over medium-high heat, sprinkle ground beef with salt and cook until mostly cooked through.
2. Stirring to help break up the meat. Drain fat if necessary.
3. Sprinkle Italian seasoning, garlic powder, onion powder, red pepper flakes, and black pepper over the ground beef and stir to combine.
4. Add tomato sauce, tomatoes, beef stock, and pasta. Stir until combined.
5. Cover and bring to a boil. Reduce heat and simmer for 10-15 minutes, until pasta is cooked through, occasionally stirring. If needed, add more water.
6. Top with cheese and replace the lid. Let sit for about 5 minutes or until melted. Serve and enjoy!



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## Chicken Burrito Skillet

Serves 4

### Ingredients:

- 1 Tablespoon oil
- 1 pound boneless skinless chicken breasts or thighs, chopped
- 1/2 cup onion, chopped or 1 Tablespoon dried onion flakes
- 1 (1.25 ounce) packet or 2 Tablespoons taco seasoning
- 1 (15 ounces) can black beans, drained and rinsed
- 1 (10 ounces) can diced tomatoes & green chilies, undrained
- 1 cup water
- 1-1/4 cups instant brown rice, uncooked
- 1 cup Cheddar and Monterey Jack cheese blend, shredded or other favorite cheese
- Chopped cilantro, optional

### Instructions:

1. Heat oil in a large skillet over medium-high heat.
2. Add chicken and cook for 3 minutes, stirring occasionally.
3. Add onion and taco seasoning; cook 2 minutes more.
4. Stir in black beans, undrained tomatoes, and water; bring to a boil.
5. Stir in rice. Cover, reduce heat, and simmer 7 to 10 minutes or until rice is tender.
6. Check occasionally to see if more water is needed. Do not stir the rice, or it becomes sticky.
7. Stir in 1/2 cup cheese.
8. Sprinkle top with remaining cheese and cilantro, if desired.



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## Vegetable and Sausage Skillet

Serves 4

### Ingredients:

- 1 Tablespoon oil
- 1 (12 -16 ounce) package pre-cooked sausage of choice, sliced ¼ inch thick
- ½ small onion, chopped
- 2 medium zucchini, sliced half moon
- 1 medium yellow summer squash, sliced half moon
- 1 medium orange bell pepper, chopped
- 1 cup fresh mushrooms, sliced
- 1 cup grape or cherry tomatoes, sliced in half
- ½ teaspoon garlic, minced or ¼ teaspoon granulated garlic or 1/8 teaspoon garlic powder
- 1 teaspoon salt-free seasoning blend

### Instructions:

1. Heat the oil in a large skillet over medium-high heat.
2. Add the sliced sausage and onion, cook for 2 to 3 minutes, or until sausage begins to brown.
3. Add the remaining vegetables and stir well.
4. Cover skillet and cook until vegetables begin to soften, about 5 minutes.
5. Remove the cover and stir in the garlic, salt, and pepper. Continue cooking until vegetables reach desired doneness.
6. Serve as is or with a choice of side dishes.

Note: Substitute vegetables with broccoli, Brussels sprouts, carrots, cauliflower, baby potatoes, sweet potatoes, or any other favorite veggie.



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## Cheesy Ham & Broccoli Quinoa Skillet

Serves 4

### Ingredients:

- Salt and freshly ground black pepper
- 1 (14.5 oz) can low-sodium vegetable broth (1 3/4 cup)
- 1 cup dry quinoa
- 1 Tablespoon dried onion flakes
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried thyme
- 2 1/2 cups broccoli florets, chopped (fresh or frozen, thawed)
- 1 cup (4 ounces) cheddar cheese, shredded

### Instructions:

1. Place a large skillet over medium-high heat.
2. Add broth, quinoa, onion flakes, garlic powder, thyme, and season with salt and pepper to taste.
3. Bring to a full boil, then cover, reduce heat to a simmer and cook 12 minutes.
4. Lift lid, sprinkle broccoli and ham over the top of the quinoa, and simmer about 8 minutes longer or until quinoa, broccoli, and ham have cooked through.
5. If there is a little broth in the bottom carefully drain it off if desired.
6. Sprinkle cheese over top, cover with lid, and heat 1 - 2 minute until cheese has melted.



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