# Skillet Recipes

# American Goulash Skillet

### 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:

In a large skillet over medium-high heat, 1. sprinkle ground beef with salt and cook until mostly cooked through.

Serves 4

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



# 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

### Instructions:

- Heat oil in a large skillet over medium-high 1. heat.
- 2. Add chicken and cook for 3 minutes, stirring occasionally.
- 3. Add onion and taco seasoning; cook 2 minutes more.
- Stir in black beans, undrained tomatoes, 4. and water; bring to a boil.
- 5. Stir in rice. Cover, reduce heat, and simmer 7 to 10 minutes or until rice is





- 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

tender.

- 6. Check occasionally to see if more water is needed. Do not stir the rice, or it becomes sticky.
- Stir in 1/2 cup cheese. 7.
- Sprinkle top with remaining cheese and 8. cilantro, if desired.



Compiled by Food and Nutrition Educator, Vicki Hayman

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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.



## Cheesy Ham & Broccoli Quinoa Skillet Serves 4

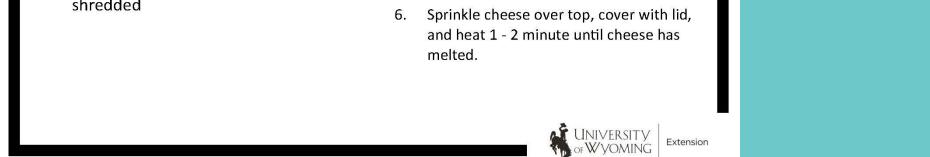
#### Ingredients:

- 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,

### 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.
- 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.





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