

Hunter's Skillet

HolisticQ Signature Recipe

Serves 4

This is a perfect weeknight dinner. Hearty, delicious, fast, and easy. The special ingredient this week is definitely the meat. This is a good recipe to try out ground bison, elk, venison, or grass fed beef. In all of these meats, you will find the fat content to be considerably low, and the flavor... oh yeah.

Ingredients:

- 1 pound ground meat
- 3 cups diced fresh zucchini (sugar cube size)
- 1 onion chopped
- 1 can (14.5oz) fire roasted diced tomatoes
- 1 tablespoon Montreal steak seasoning
- 1/4 cup grated parmesan cheese
- 1 8.5oz package cooked brown rice (approx. 1-1/2 cup)

Make it!

- Pre-cut the zucchini and the onion.
- In a heavy skillet, brown the ground meat over medium high until completely done. No need to drain.
- Reduce heat to medium. Add the diced zucchini and chopped onion, stir, cover and cook 10 minutes
- Uncover and add the entire 8.5oz package of brown rice, tomatoes and the Montreal steak seasoning... continue to cook uncovered for 10 to 15 minutes.
- Remove from heat and stir in the parmesan cheese. combine well.

If you are a serious parmesan fan, like us, add more to your liking.

Serve immediately!