Ground Beef with Mediterranean Vegetables and Quinoa

Ingredients

2 lb ground Beef

1 green pepper, small dice

4 cloves of garlic, minced

3 teaspoons olive oil, divided

1 medium red onion, sliced

2 medium zucchini, diced

1 can (28 ounces) diced tomatoes, undrained

1 teaspoon red wine vinegar

1 teaspoon dried basil

1 teaspoon dried thyme

S+P as needed

1 C uncooked quinoa

2 C water for quinoa

Procedure

1. Start cooking the quinoa and set aside when done
2. Brown the beef in a sauce pot and set aside
3. In the same pot, saute the onion and garlic until soft, then add the zucchini and green pepper, then saute for 4-5 minutes or until tender-crisp.
4. Stir in the tomatoes, vinegar, basil, thyme and ground beef. Heat through over medium until the tomatoes break down. Portion out and serve.