Italian ground beef and vegetables

Ingredients

2 lb ground beef

2 minced garlic cloves

1 small white onion, small dice

1 red bell pepper, small dice

2 zucchini, medium dice

1 lb asparagus, cut into bite-sized pieces

1 tsp dijon mustard

8 oz tomato sauce

1 tsp dried oregano

1 T dried parsley

S+P TT

Feta cheese, crumbled

Procedure

1) Cook the ground beef in a pot with the garlic, onion, salt and pepper until browned

2) Add the rest of the ingredients to the pot and cook until the vegetables are al dente

3) Check seasoning, portion out and serve