

Beef Vegetable Stew Recipe

2 medium size Mexican squash, cut into cubes
1 large zucchini, cut into cubes
1 large eggplant, peeled and cut into cubes
1 large onion, chopped
2 medium size potatoes, peeled and cubed
5 large tomatoes, diced into pieces
1 lb of ground beef
Salt and pepper, to taste
1 tablespoon pepper paste (optional)

Mix all of the vegetables in a large, oven proof pan. Add the ground beef and the pepper paste, and season with salt and pepper. Mix well. Cover with foil and cook in a preheated 400 degree oven for 30 minutes. Uncover, mix, and cook another 45 minutes uncovered until all the vegetables are cooked though. Serve. Anushner!



WWW.THYMETO.COM