

A Recipe from Yavapai Cowbelle Kitchens

Beef and Veggie Frittata

From Our All Time Favorite Cookbook

Makes 4 to 6 servings

Ingredients:

1 pd ground beef

4 small red-skinned new potatoes (about 6 oz's), cut into 6 wedges each 1/2c water

1c thinly sliced yellow onion

1 small Zucchini, cut lengthwise in half, then crosswise into 1/4" thick slices

1t salt, divided

6 large eggs

2T chopped fresh basil

3T shredded Italian cheese bread

1/2t pepper, divided 1/2c chopped tomato

Directions:

1. Heat oven to 350° F. Combine potatoes & water in 10" nonstick oven- proof skillet; bring to a boil. Reduce heat; cover & simmer 8 to 10 min- utes or until potatoes are tender. Remove from skillet; keep warm. Pour off remaining water from skillet, if necessary.
2. Brown Ground Beef with onion in same skillet over medium heat 6 min- utes, breaking beef up into 3/4-inch crumbs. Add zucchini. Cook 2 to 3 minutes or until zucchini is just tender & beef is not pink. Pour off drip- pings. Return potatoes to skillet. Add 1/2t salt & 1/4t pepper, mix thor- oughly.
3. Whisk eggs, basil & remaining 1/2t salt & 1/4t pepper in large bowl. Pour evenly over beef mixture. Sprinkle with cheese. Bake in 350°F oven about 18 to 20 minutes or until eggs are set.
4. Sprinkle Frittata with tomato. Cut into 4 to 6 wedges. Total recipe time 45 to 50 minutes.