

Beef and Potatoes

Adapted from: [USDA MyPlate Recipes](#)

Description: The [Eating Smart Seasoning Mix](#) helps make this a quick and flavorful dinner of beef and potatoes. Try sweet potatoes or other types of potatoes for increased variety.

Ingredients:

- 1 pound ground beef (90% lean)
- 1 ⅓ cups water
- 7 medium potatoes, peeled and thinly sliced
- 12 Tablespoons [Eating Smart Seasoning Mix](#) (¾ cup)
- Salt (to taste, optional)

Directions:

1. Wash and peel the potatoes.
2. Collect, slice and measure all ingredients before starting to prepare the recipe.
3. Brown ground beef in a large skillet. Drain the fat.
4. Add water, potatoes, and seasoning mix. Stir to combine with the beef.
5. Bring to a boil, reduce heat to low, cover, and simmer for 20-30 minutes or until potatoes are tender.
6. Uncover and cook until excess water is evaporated.
7. Taste; then add a small amount of salt, if needed.
8. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Notes:

- Be creative! Add chopped, cooked vegetables or frozen vegetable such as onion, carrots, peas, green beans, or corn after simmering.
- Learn more about [potatoes](#).

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