

## Recipes

### Recipe Title

Chef Keem's Quick & Easy "Single Guy" Dinner

### Serving Size

makes 3-4 servings

### Category

Ground Beef

Quantity	Ingredients
1 lb.	Bandera Grassland Ground Beef
1	Onion
1-2 cloves	Garlic
1-2 Tbsp.	Olive Oil
1/2-1 Pt.	Heavy Cream
to taste	Salt & Pepper
1+ Cup	Mushrooms and/or Chopped Vegetables
4 Cups	Cooked Hash Browns, Noodles, or Rice

### Instructions

In skillet, sauté chopped onion and garlic in oil until brown. Add beef and brown throughout. add heavy cream and simmer for a few minutes. Season to taste and add mushrooms or cooked vegetables. Serve over hash browns, noodles or rice.

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### Notes

Full Quiver and Veldhuizen Farms have milk clubs.

