

## Easy Skillet Dinner

Serves 6

### Ingredients

Cooking spray

1 pound lean ground beef or turkey

1 medium onion, chopped

1 teaspoon garlic powder

2 medium zucchinis, diced

3 tomatoes, diced

1 can tomato paste, 6 ounces

2 teaspoons dried Italian seasoning

Salt and pepper to taste

### Directions

Spray cooking spray in a skillet.

Cook meat, onion and garlic powder over medium heat until meat is cooked through and onion is soft, about 10 minutes.

Add zucchini, tomatoes, tomato paste and seasonings. Simmer over medium heat for 10 minutes.

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