

# Sauteed Ground Beef

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*A simple way to prepare ground beef for a medley of entrees. Simmer ground beef with onions, corn and diced tomatoes and add to stews, shepherd's pies, and other hearty entrees for a memorable and delicious dinner time.*

## Ingredients:

1 pound ground beef  
1 cup soft bread crumbs  
1 teaspoon salt  
1/8 teaspoon pepper  
2 tablespoons Canola oil  
1 1/2 cups corn kernels  
1 medium onion, sliced  
1 (16 oz) can diced tomatoes, drained

## Directions:

1. In large bowl combine beef, bread crumbs, 1/2 teaspoon of salt and pepper. Mix thoroughly.
2. in large skillet heat oil. Add meat mixture and stir frequently until well browned.
3. Add corn and onion. Sprinkle with remaining 1/2 teaspoon of salt. Add tomatoes. Cover and simmer for 25 minutes.

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