

# Foster's Body & Paint

305 East Oak Street, Santa Maria, CA 93454

1-805-922-6191

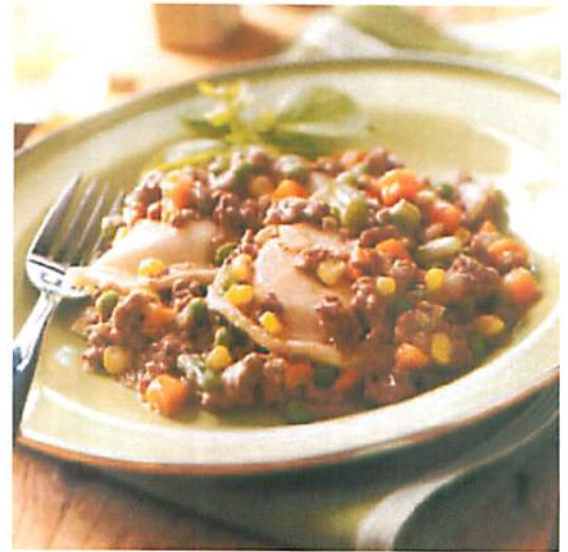
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## Pierogi Skillet

### Ingredients:

- 1 lb ground beef
- 1/2 cup chopped onion
- 1/4 cup all purpose flour
- 1 can beef broth
- 1 package (16 oz) frozen cheese and potato pierogies, thawed
- 2 cups frozen mixed vegetables, thawed and drained
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp Italian seasoning
- 1/2 cup shredded cheddar cheese

Makes 4 servings



### Preparations:

- 1.) In a large skillet, cook the beef and onion over medium heat until the meat is no longer pink; drain, reserving 2 tblspn drippings.
- 2.) Sprinkle flour over beef and dripping; stir until blended. Gradually add beef broth. Bring to a boil; cook and stir for 2 minutes or until thickened.
- 3.) Stir in the pierogies, vegetables and seasonings. Cook, uncovered, for 4-5 minutes or until heated through. Sprinkle with cheese.

### Tip:

If you don't have Italian seasoning on hand, you can easily make your own. For each teaspoon of Italian seasoning called for in a recipe, blend together 1/4 teaspoon each of basil, thyme, rosemary and oregano.

Find this recipe and many more at [Fostersbodyandpaint.com](http://Fostersbodyandpaint.com)