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## TIME SAVER MEAL

### **Ingredients:**

- 1/2 Onion (small)
- 2 Zucchini (small)
- 2 Yellow Squash (small)
- 3 Red Potatoes (medium new potatoes, to compensate, use white or Yukon Gold)  
Do not peel
- 2 Tbs butter or Margarine

### **Directions:**

Wash vegetables, slice zucchini, squash, cube potatoes, slice onion.  
Place in covered baking dish. Add seasonings of choice; Salt, pepper, garlic. Bake  
at 375° oven 1 hour in a covered dish.

**Options:** Add crumbled sausage or ground beef (uncooked) and mix with  
Vegetable mixture before baking.  
Add 2 small fresh tomatoes chopped or one small can.  
Without the meat this serves as a healthy vegetable dish. With meat it becomes a quick  
fix one dish meal everyone will love. Increase ingredients for larger family.

