

Angels Cook Book



Zucchini and Ground Beef Skillet

1 pound lean ground beef
1 medium sweet onion, finely diced
1 (14.5 ounce) can Italian-style stewed tomatoes
1 (8 ounce) package sliced white mushrooms
1 (6.5 ounce) can tomato sauce
1 (6 ounce) can sliced black olives
2 cloves garlic, minced
salt and ground white pepper to taste
4 medium zucchini
1 (8 ounce) package shredded sharp cheddar cheese

Instructions:

Heat a large skillet over medium-high heat. Cook and stir beef and onion in the hot skillet until beef is browned and crumbly and onion is translucent, 5 to 7 minutes. Drain and discard grease.

Crush stewed tomatoes into smaller pieces in a bowl, then pour into the skillet. Stir in mushrooms, tomato sauce, olives, garlic, salt, and pepper. Let simmer, uncovered, until liquid reduces, 20 to 30 minutes.

Slice zucchini lengthwise, then cut crosswise into 1/2-inch slices. Add zucchini to beef mixture; cover and cook until zucchini is firm yet tender to the bite, 5 to 7 minutes. Stir in cheddar cheese; cover and cook until melted, 3 to 4 minutes.

Nutritional Information

Serving Size: 4 servings • Calories: 589

www.allrecipes.com/recipe/277012/zucchini-and-ground-beef-skillet/



Air Fryer Grilled Peaches

¼ cup quick-cooking oats
2 tablespoons melted butter
2 teaspoons brown sugar
1 teaspoon ground cinnamon
1 teaspoon vanilla extract
3 medium peaches, halved and pitted
(optional) vanilla ice cream

Instructions:

Preheat the air fryer to 350 degrees F (175 degrees C).

Combine oats, butter, brown sugar, cinnamon, and vanilla in a small bowl. Set aside.

Spoon out some of the flesh of the peaches. Place peaches skin side up into the air fryer basket. Air fry for 5 minutes. Turn peaches over and spoon 1/2 tablespoon of the oat mixture into each cavity. Air fry until oats are golden brown and crispy, 2 to 3 minutes more.

(Optional) top with vanilla ice cream.

Nutritional Information

Serving Size: 6 servings • Calories: 54

www.allrecipes.com/recipe/8468500/air-fryer-grilled-peaches/