



The Birkett Mills Recipes

The Birkett Mills © 2014

P.O. Box 440, Penn Yan, NY 14527

(315) 536-3311

Entrées: Mexican Kasha Skillet

A one-pot meal that will feed your whole family.

Serves: 6 people

Ingredients

1 lb. ground beef

1 cup chopped onion

1/4 cup chopped celery

1/4 cup chopped green pepper 1 1/2 cups water

1/4 cup uncooked kasha (whole or coarse)

1 16 oz. can tomatoes, cut up

1 tsp. salt

1 tsp. molasses or sugar

1 tsp. Worcestershire sauce

Dash tabasco or pepper

1/2 tsp. chili powder (optional)

Directions

In skillet, cook ground beef, onion, green pepper and celery until meat is browned and vegetables are tender. Spoon off all except about 2 tablespoons excess fat.

Stir in uncooked kasha until the grains are moistened by the meat mixture. Add remaining ingredients. Cover and simmer for 25 to 35 minutes or until kasha is tender.

Stir mixture occasionally and add extra liquid (water, wine, or tomato juice) if necessary. May be topped with grated cheese before serving.

Mexican Kasha Skillet

