[](http://www.dreamstime.com/stock-photo-rotini-pasta-image16509500) [](http://www.dreamstime.com/stock-photo-rotini-pasta-image16509500)

# Dude Food

**From the Kitchen of:** Brian

**Servings:**

**Prep Time:** 25 min **Bake Time:** **Bake Temp:**

**Ingredients:**

* 1 lb ground beef
* Garlic
* Ground pepper
* 1 package rotini noodles
* Shredded cheddar cheese
* 1 bag of your choice of frozen vegetables

Cook beef with garlic & ground pepper (and any other seasonings you like). Cook pasta according to package directions. Drain. Microwave the veggies. If you prefer, you can steam any combination of fresh vegetables you’d like. Mix beef, vegetables & noodles. Add cheese to your liking.