

## One Skillet for September

As the busy fall season is in full swing, do yourself a favor by serving a single-skillet recipe that makes clean-up a cool fall breeze. This crowd-pleasing cheesy beef, black bean and rice dish will satisfy the pickiest of eaters and sustain a full fall schedule due it's high protein and fiber content.

**Thursday, September 26**  
Noon – 1 p.m.

### Register Here

**Can't make it? That's okay!**

Register anyway and we'll send you the recording after the show and to be entered in a raffle for a free cook!

**Questions?** Contact [wellness@phs.org](mailto:wellness@phs.org)



***Cheesy beef, black bean,  
and rice skillet***