

# RAINBOW BEEF

## IN THE FREEZER:

- 1 lb sirloin steak, sliced
- 1 red onion, sliced
- 1 lb sliced carrots
- 1 12oz bag frozen green beans
- 2 medium squash, chopped
- 1 tbsp salt
- 1 pack ranch dressing mix

**NOTHING EXTRA  
NEEDED FOR SERVE DAY**

**PREP TIME:** 75-90 mins

**SERVES:** 4-6

## ON SERVE DAY...

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 350 degrees for 75-90 minutes.