

Mashed Vegetables with Hamburger Meat



INGREDIENTS

1. 3 pounds potatoes
2. 1 piece squash
3. 1/2 cup corn
4. 1/2 cup peas
5. 1/2 bouquet of spinach/chards
6. 1 carrot
7. 1/2 pound hamburger meat

Method:

1. Peel and rinse all vegetables. Cook vegetables in salted water until tender.
2. Chop onion. Fry with hamburger meat. Season with garlic and salt. Drain oil.
3. In bowl, mix all ingredients, and mash.