



**June (summertime recipe)**

## **Ground beef with Swiss chard**

*Ingredients (for 4 people):*

**Earth**

400g ground beef  
600g Swiss chard  
6 tablespoons olive oil

**Metal**

Pepper  
4 onions

**Water**

Salt  
Soy sauce

**Wood**

20 cocktail tomatoes  
Lemon juice

**Fire**

Bell pepper powder

*Directions:*

Wash and cut the Swiss chard into small pieces. Peel the onions and cut them into cubes. Wash cocktail tomatoes and cut them in halves.

Heat the olive oil in a large pan and roast the ground beef shortly. Add the onions and brown the mixture gently for a couple of minutes. Season it with salt, pepper and soy sauce.

Add the Swiss chard and cook it 5-10 minutes. Add the cocktail tomatoes and cook everything for another few minutes.

Refine the taste with pepper, salt, lemon juice and bell pepper powder.

*Recommendation: Serve the dish with freshly steamed rice.*

Enjoy your meal!