



Hungarian Beef Stew

Prep Time: 15 min

Cook Time: 2 hrs

Serves: 4

NUTRITION FACTS, PER SERVING:

400 calories

19 g fat

737 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 lbs. beef cubes
- 1/4 tsp salt & 1/4 tsp black pepper**
- 2 TB olive oil **
- 2 onions, diced
- 2 TB all-purpose flour**
- Beef Stew Spices (1 TB paprika & 1 tsp fennel seeds)
- 3 garlic cloves, minced
- (2) 32 oz. box of beef broth
- 1.5 pounds potatoes, cut into 1-inch chunks
- 3 carrots, diced
- 2 bell peppers, diced
- 1 celery stalk, diced
- 1/4 cup raisins
- Fresh parsley, chopped for garnish
- 4 Ciabatta Rolls

DIRECTIONS:

1. Sprinkle **beef cubes** with **1/4 tsp salt** and **1/4 tsp black pepper**. Heat **1 TB olive oil** in a large Dutch oven or soup pot over medium-high heat. Add seasoned **beef cubes** to pan; cook 6 minutes or until golden brown on both sides. Transfer to a plate.
2. Reduce heat to medium, and add **diced onions** to the same pan; cook 5 minutes or until softened. Add **2 TB flour**, **Beef Stew Spices**, and **3 cloves minced garlic**; cook 1 minute, stirring. Add **1 cup beef broth** OR **1 cup red wine**; cook 2 minutes stirring occasionally and scraping browned bits from the bottom of the pan.
3. Add **3 cups beef broth**, and browned **beef cubes** back to the pan; bring to a simmer. Reduce heat to low; cook for 1 hour. Stir in **cubed potatoes**, **diced carrots**, **diced bell peppers**, **diced celery**, **raisins** and **2 cups beef broth** simmer partially covered, for 45 minutes to an hour or until meat and vegetables are fork-tender. Season stew with **salt & pepper** to taste, if needed. Garnish with freshly chopped **parsley leaves**.
4. To warm the **ciabatta rolls**, place in a 400 degree oven for 5 minutes.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:





Pesto Crusted Pork Chops with Collards

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

664 calories

37 g fat

283 mg sodium



DIRECTIONS:

INGREDIENTS: **** Items not included in kit**

- 4 pork chops
- 8 oz. pesto, divided
- 1.5 cups panko bread crumbs
- Non-stick cooking spray**
- 2 TB olive oil**
- 1/2 cup onions, diced
- 1 garlic clove, minced
- 1 lb. collard greens
- 3 TB balsamic vinegar
- 1 TB brown sugar
- 1/3 cup golden raisins
- Salt & pepper, to taste**
- Crushed red pepper flakes, to taste

1. Preheat oven to 425 degrees. Prep **collard greens**: Rinse leaves under cold water. Remove center stem from leaves. Thinly slice stem 1/8 inch thick. Stack leaves on top each other, then roll, slice into 1/2 inch strips.
2. Spoon a few tablespoons of **pesto** into a separate bowl to garnish cooked pork chops for serving. Coat each side of the **pork chops** with the remaining pesto, dredge coated chops in the **panko bread crumbs**, pressing gently to adhere.
3. Spray a baking dish or sheet pan with **non-stick spray** and place coated pork chops on the pan. Spray tops of coated pork chops with non-stick spray. Bake for 12 minutes, flip and cook another 12 minutes or until internal temperature is 155 degrees and chops are cooked through.
4. In a large skillet, heat **2 TB olive oil**, add **diced onion, sliced stems**, and **salt & pepper** to taste, sauté for 5 to 8 minutes until onions soften and begin to brown. Add **1 clove minced garlic**, sauté 1 minute. Add **3 TB balsamic vinegar, 1 TB brown sugar, 1/4 cup water** and stir until sugar dissolves. Add **sliced collard greens** and cook for an additional 8 to 10 minutes or until tender. Sprinkle over **1/3 cup raisins** and **crushed red pepper flakes** to taste. Toss to combine.
5. Serve pork chops with a dollop of additional pesto and a side of collards.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

Proudly Sponsored by:

