



Pork and Pepper Kebabs over Rice

Prep Time: 1 hour

Cook Time: 20 min

Serves: 4

NUTRITION FACTS, PER SERVING:

350 calories

4 g total fat

408 mg sodium



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

- 1/4 cup low-sodium soy sauce
- 1 TB fresh lemon juice
- 1 TB ketchup (Two packets)
- 2 tsp brown sugar
- 1 tsp Worcestershire sauce (Please measure out to 1 tsp. You were given extra sauce)
- 1/4 tsp crushed red pepper
- 4 garlic cloves, minced
- 1.5 lbs. pork tenderloin cubes
- 1/4 tsp kosher salt and 1/4 tsp pepper**
- 2 bell peppers, cut in wedges
- 1 onion (separate wedges before skewing)
- 1 1/2 cups Basmati rice
- 8 Skewers

DIRECTIONS:

1. Soak **skewers** in water.
2. Place **soy sauce, lemon juice, ketchup, brown sugar, Worcestershire sauce, red pepper flakes, and minced garlic** in a large zip-top bag, close bag and shake to combine marinade. Add **pork**; seal bag, and shake. Place bag on plate and put in the refrigerator for 1 hour, flipping the bag over after 30 minutes.
3. **Basmati Rice:** Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium sized pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
4. Preheat grill to medium-high heat.
5. Remove **pork** from bag, and discard marinade. Thread **pork** evenly onto 4 skewers. Thread **bell peppers** and **onion wedges** unto remaining 4 skewers. Arrange skewers in a single layer on grill rack and grill vegetables 3-4 minutes on each side and pork 5-8 minutes each side or until desired degree of doneness.

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.

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Ground Beef and Vegetable Pie

Prep Time: 20 min

Cook Time: 30 min

Serves: 4

NUTRITION FACTS, PER SERVING:

579 calories

31 g total fat

750 mg sodium



INGREDIENTS: ** Items not included in kit

- 1 lb. ground beef
- 1/2 cup onion, diced
- 2 cups zucchini, sliced
- 1/4 cup green pepper, diced
- 1 TB butter or olive oil**
- 1 tsp dill
- 1 (8 oz.) can crescent roll dough
- 1 cup shredded cheddar cheese
- 2 large tomatoes, enough for 5 slices
- 1/4 cup fresh basil, torn
- Salt & pepper to taste
- Cooking spray**

DIRECTIONS:

1. Preheat the oven to 375 degrees and grease a 9" pie plate with **cooking spray**. Press the triangles of **crescent roll dough** on the bottom and sides of pie plate to form a crust. Set aside.
2. Wash **tomatoes**, then slice into 1/4 inch thick slices and set aside.
3. In a large skillet, over medium high heat, sauté the **ground beef** and **onion** until cooked through and onions softened. Season with a **pinch of salt and pepper**. Transfer to a bowl and set aside.
4. In the same skillet, add **1TB of butter or olive oil** and sauté the **zucchini** and **green pepper**, stirring frequently for 5 minutes. Add the **dill** and a **pinch of salt and pepper** and stir to combine. Remove pan from heat.
5. Pour the **ground beef mixture** over the **crescent roll dough** into the pie plate. Sprinkle **1/2 cup shredded cheddar cheese** over the meat. Spread the **zucchini mixture** over and top with the **sliced tomatoes**.
6. Bake at 375 for 20 minutes. Remove from oven and sprinkle **remaining 1/2 cup shredded cheddar cheese** over the meat. Return to oven and bake for an additional 15 minutes.
7. Remove pie and sprinkle top with **torn basil**. Let rest 5 minutes before slicing.

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