



Beef and Barley Soup with Ciabatta Rolls

Prep Time: 10 min

Cook Time: 2 hrs OR (Crockpot 6 hrs
low or 3 hrs high)

Serves: 4

NUTRITION FACTS, PER SERVING:

541 calories

12.4 g fat

937 mg sodium



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

- Salt & pepper, to taste**
- 1 TB olive oil**
- 1.5 lb. cubed beef
- 1 1/2 cups diced carrots
- 1 1/2 cups diced celery
- 1 cup diced onion
- 8 oz. mushrooms, sliced
- Beef & Barley Soup Spices (1/4 tsp oregano, 1/4 tsp thyme, 1 bay leaf)
- 6 cups beef broth
- 2/3 cup uncooked pearl barley
- 4 ciabatta rolls

DIRECTIONS:

1. Rinse mushrooms and discard the **mushroom** stems. Slice the **mushrooms**, set aside.
2. Heat a large soup pot over medium heat. Add **1 TB olive oil** and **beef cubes** to pot and season with **salt and pepper** to taste, cook 5 minutes until browned; stirring frequently.
3. Add **carrots, celery, onions, mushrooms** and season with **salt and pepper** to taste to the same pot; and cook 5 minutes; stirring frequently.
4. Add **6 cups beef broth** and **Beef & Barley Soup Spices** to the pot and bring to a gentle boil. Cover and reduce heat to medium-low. Cook 1.5 hours or until beef is tender, stirring occasionally.
5. Stir in **pearl barley**; cover and simmer on medium-low for 30 minutes more or until barley is tender.
6. Discard **bay leaf** before serving.
7. Bake **ciabatta rolls** in a 400 degree oven for 8-10 minutes. Serve alongside soup.

Note: This can be prepared in a crockpot. Follow directions 1-4, browning the beef and vegetables. Then place ingredients (except the barley) in a crockpot and cook on low for 6 hours or high for 3 hours. **Add the barley during the last 30 minutes of cook time in the crockpot on high heat.**

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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Turkey Sausage And Rice-Stuffed Acorn Squash

Prep Time: 15 min

Cook Time: 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

403 calories

12.6g fat

511 mg sodium



INGREDIENTS: ** Items not included in kit

- Aluminum foil**
- 2 acorn squash
- 1 lb. ground turkey sausage
- 2 TB olive oil**
- 1 cup finely chopped onion
- 1/3 cup chopped celery
- 2 cloves garlic, minced
- 1/2 cup brown rice
- 1/3 cup dried cranberries
- 3 TB fresh chives, chopped
- Salt & black pepper, to taste**
- 1/4 cup parmesan cheese, grated
- 3/4 cup swiss cheese, shredded

DIRECTIONS:

1. Preheat oven to 400°. Peel and mince **garlic**, set aside. Chop **chives**, set aside.
2. To prepare the **squash**, use a sharp chef's knife to slice through it from the tip to the stem. Use a large spoon to scoop out the seeds and stringy bits inside, and discard those pieces. Place the **squash halves** cut side up on a foil lined pan. Drizzle **1 TB olive oil** over the squash, and sprinkle with **1/4 tsp salt and 1/4 tsp black pepper**. Rub the oil into the cut sides of the squash, then turn them over so the cut sides are against the pan. Bake until the squash flesh is easily pierced through by a fork, about 30 to 45 minutes.
3. In a sauce pan bring **1 cup of water and 1 TB butter or olive oil** to a boil. Once water is boiling add **1/2 cup rice and 1/4 tsp salt**. Lower heat to a gentle simmer. Cook rice with lid on for 20-25 minutes or until done, the rice will be firm but tender, and no longer crunchy. If there is still water left in the pan when the rice is done, tilt the pan to drain it off. When the rice is done, turn off the heat and take off the lid. Fluff the rice with a spoon or a fork, and let it sit for a few moments to "dry out" and lose that wet, just-steamed texture. Set aside.
4. Heat a large skillet over medium-high heat. Add **1 TB olive oil** and **turkey sausage** to pan; sauté 8-10 minutes or until browned, stirring to crumble. Add **onion**; sauté 4 minutes, stirring occasionally. Add **celery**; sauté 3 minutes, stirring occasionally. Add minced **garlic**; sauté 1 minute, stirring constantly. Stir in **cooked rice, dried cranberries, chopped chives, 1/4 tsp black pepper** and **parmesan cheese**. Divide turkey/rice mixture evenly among squash halves. Sprinkle evenly with **Swiss cheese**. Arrange squash halves on a baking sheet; broil 4 minutes or until golden and cheese is melted.

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