



## Aromatic Carrot Soup

Prep Time: 15 min  
Cook Time : 20 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

175 calories  
13.5 total grams of fat  
158 mg of sodium



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

- 2 Tbsp. o live oil\*\*
- 1 small onion, diced (1 cup)
- 1 garlic clove, minced
- 1/4 tsp dried parsley
- 1/4 tsp dried basil
- 1 lb. carrots peeled and cubed
- 1/8 tsp black pepper or to taste\*\*
- 1 can lite coconut milk
- 3 cups low sodium vegetable broth
- 1 Tbsp sriracha
- 3 Tbsp fresh cilantro, chopped
- 4 ciabatta rolls

### DIRECTIONS:

1. Place **oil** in a large pan and heat over medium high heat, sauté **onions and garlic** for about 3 minutes
2. Add **diced carrots, black pepper, parsley and basil**, and cook for about 2 minutes
3. Add **coconut milk, broth and sriracha**
4. Cover and cook until carrots are soft.
5. Using an immersion blender, regular blender or food processor, puree until smooth.
6. Divide into four soup bowls and garnish with **chopped cilantro**.
7. Warm **ciabatta rolls** following package instructions.

*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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## Vegetarian Mexican Stuffed Peppers

Prep Time: 15 min  
Cook Time : 50 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

489 Calories  
20.69 total grams of fat  
998 mg of sodium



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

- 1 tsp salt\*\*
- 4 large green bell peppers - wash peppers, tops, seeds, and membranes removed
- 1 tablespoon olive oil\*\*
- 1/2 cup chopped onion
- 2 cups cooked rice (1 cup uncooked)
- 1 (15 ounce) can black beans, drained and rinsed
- 1 (14.5 ounce) can chili-style diced tomatoes
- 1 teaspoon chili powder
- 1 teaspoon garlic salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt\*\*
- 2 cups shredded cheese blend

### DIRECTIONS:

1. Bring **2 cups of water** along with a pinch of **salt** to a boil in a medium pot. Add the **1 cup of rice**. Bring back to a boil, stir, reduce heat to low, cover and simmer for about 18 minutes until rice is done. 1 cup rice to 2 cups water will yield 2 cups of cooked rice.
2. Preheat oven to 350 degrees F (175 degrees C).
3. Bring a large pot of **water** and **1 tsp salt** to a boil; cook **green bell peppers** in the boiling water until slightly softened, 3 to 4 minutes. Drain.
4. Heat **olive oil** in a skillet over medium heat; cook and stir **onion** in the hot oil until softened and transparent, 5 to 10 minutes.
5. Mix **2 cups cooked rice, black beans, tomatoes, and cooked onion** in a large bowl. Add **chili powder, garlic salt, cumin, 1/2 teaspoon salt**; stir until evenly mixed. Fold **1 1/2 cups cheese blend** into rice mixture.
6. Spoon **rice mixture** into each bell pepper; arrange **peppers** in 9x9-inch baking dish. Sprinkle **peppers** with remaining shredded **cheese blend**.
7. Bake in the preheated oven until cheese is melted and bubbling, about 30 minutes.

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