



Cincinnati Chili and Mixed Greens Salad

Prep Time: 15 min

Cook Time : 35 min

Serves: 4

NUTRITION FACTS, PER SERVING:

930 calories

33 g total fat

440 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 lb ground beef
- 1 1/2 cups diced yellow onions
- 2 garlic cloves, minced
- 1(15 oz)can crushed tomatoes
- 2 green onions
- 2 Tbsp Worcestershire Sauce
- 1 Tbsp white wine vinegar
- 1 lb thin spaghetti noodles
- 2 oz cheddar cheese shredded
- 2 Tbsp tomato paste
- 1/4 cup sour cream
- 1 Tbsp spice blend (paprika, cumin, coriander, oregano, cayenne pepper and ground cinnamon)
- Mixed Greens
- 1/2 cup of water**
- Olive oil**
- Salt and pepper**

DIRECTIONS:

1. Heat a large pot of salted water to boiling on high. Wash and dry fresh produce. Peel and roughly chop the **garlic**. Cut off and discard the root ends of the **green onions**; thinly slice, separating the white bottoms and the green tops.
2. Add the **spaghetti noodles** to the boiling water and cook stirring occasionally 7-9 minutes, or until al dente. Turn of the heat. Drain noodles thoroughly and return to the pot. Add the **sour cream** and a drizzle of **olive oil** to the noodles and stir to coat well. Cover and keep warm.
3. While the noodles cook, in a large nonstick skillet heat a drizzle of **olive oil** on medium high heat. Add the **diced onions**, minced **garlic**, and sliced **white bottoms** of the **green onions**. Season with **salt** and **pepper**. Cook for 3-4 minutes. Add the **beef** and **spice blend**. Cook stirring frequently breaking the meat apart with a spoon, 5-6 minutes or until browned.
4. Add **tomato paste** to the pan. If it seems dry, add a drizzle of **olive oil**. Cook stirring frequently for 2 minutes. Add the **crushed tomatoes** and **1/2 cup of water**. Cook stirring occasionally for about 7 minutes or until the chili is thickened to desired consistency. Turn off the heat and stir in **Worcestershire sauce** and **vinegar**. Season with **salt** and **pepper** if needed.
5. Serve the chili over the cooked spaghetti and garnish with **shredded cheese** and sliced **green tops** of the **onions**.
6. Rinse and dry the **mixed greens** and serve with your favorite salad dressing.

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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Grilled Chicken Breast With Peach Salsa



Prep Time: 20 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

203 calories
26% of calories from fat
431 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 TB brown sugar
- 1/2 teaspoon salt **
- 1 tsp ground cumin
- 1/2 teaspoon garlic powder
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 4 (4-ounce) skinless, boneless chicken breast halves
- 2 tsp vegetable oil**
- 1 1/2 cups orzo
- 1/2 tsp salt**

Peach Salsa:

- 1 1/2 cups peeled and chopped ripe peaches (about 2 large peaches)
- 2 tablespoons chopped fresh mint (rinse and pat dry before use)
- 2 tablespoons chopped red onion
- 2 teaspoons cider vinegar -(need to measure out 2 tsp from amount given to you)
- 1/4 teaspoon hot sauce
- 1/2 teaspoon salt**

DIRECTIONS:

1. In a bowl combine **brown sugar, salt, ground cumin, garlic powder, chili powder and paprika**; mix together. Rub chicken with the mixture.
2. Heat the oil in a grill pan or nonstick skillet over medium heat. Add **chicken**; cook 6-7 minutes on each side or until done.
3. Peel and dice 2 **peaches** and wash/chop fresh **mint**. Combine diced **peaches**, chopped **mint**, chopped **red onion, cider vinegar** and **hot sauce** in a bowl. Set aside.
4. In a sauce pan bring 3 cups of water to a boil. Once water is boiling add **orzo** and **1/2 tsp salt**. Lower heat to a gentle simmer. Cook orzo for about 10 minutes or until done, the orzo should be firm but tender, and no longer crunchy. Drain water when the orzo is done. Add **1 tsp of olive oil** and fluff the orzo with a spoon or a fork.
5. Serve the **chicken** over **orzo** and top with **peach salsa**.

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