



## Steakhouse Shepherds Pie

Prep Time: 15 min

Cook Time : 30 min

Serves: 6

### NUTRITION FACTS, PER SERVING:

390 calories

20 g total fat

803 mg of sodium



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

- 2 pounds Idaho potatoes, peeled and cut into chunks
- Salt\*\*
- 1/2 tablespoons extra-virgin olive oil\*\*
- 4 slices good quality bacon, chopped
- 1 lb. ground sirloin
- 1 onion, chopped
- 1/2 pound button mushrooms, quartered
- Black pepper\*\*
- 2 tablespoons butter\*\*
- 2 tablespoons all-purpose flour\*\*
- 1 1/2 cups beef stock
- 2 tablespoons Worcestershire sauce
- 3 tablespoons sour cream
- 1/2 pound blue cheese, crumbled
- 3 to 4 tablespoons chives
- 1 teaspoon paprika

### DIRECTIONS:

1. Place **potatoes** in a pot, cover with cold water and bring up to a boil. Season water with **salt** and boil potatoes until tender, 12 to 15 minutes. Heads up: save a ladle of starchy cooking water just before draining.
2. Heat a skillet with high sides over medium high heat. Add **extra-virgin olive oil**, half a turn of the pan and the bacon. Crisp bacon and remove to paper towel lined plate. Add **sirloin** to the pan and caramelize the meat, 4 to 5 minutes. Add in the **mushrooms** and **onions** and cook until tender, 6 to 7 minutes more then season with **salt** and **pepper**.
3. While meat cooks heat a small sauce pot over medium heat and melt **butter**, whisk the **flour** into **butter**, cook 2 minutes then whisk **beef stock** into flour, add **Worcestershire sauce**. Stir until it thickens 6 to 7 minutes. You want a thick gravy.
4. Pour **gravy** over **meat** and turn on broiler.
5. Place **drained potatoes** back into the pot you cooked them in to dry them out a little. Mash **potatoes** with **sour cream** then fold in **crumbled blue cheese and chives**. Season the **potatoes** with **salt** and **pepper**. Transfer meat mixture to a 9x11 baking dish and spread out evenly. Spread the mashed potatoes across the top of the meat in an even layer. Garnish the **potatoes** with **paprika** and place under broiler to crisp and brown the potatoes, 2 to 3 minutes. Crumble reserved **bacon** over top. Let it rest 5 minutes before serving.

*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 : 15 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 teaspoon ground cumin
- 1/2 teaspoon garlic powder
- 1/2 tsp chili powder
- 1/2 tsp paprika
- 4 (4-ounce) skinless, boneless chicken breast halves **Hoffman's Meat Market, Hagerstown MD**
- 2 teaspoons vegetable oil\*\*
- 1/ 1/2 cups orzo
- 1 tsp salt\*\*

#### Peach Salsa:

- 1 1/2 cups peeled and chopped ripe peaches (about 2 large peaches) **Larriland Farm, Woodbine MD**
- 2 tablespoons chopped fresh mint (rinse and pat dry before use) **Earth First Farm, Highland MD**
- 2 tablespoons chopped red onion **TLV Farm, Glenelg MD**
- 2 teaspoons cider vinegar
- 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 brown sugar 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 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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