



San Francisco Pork Chops with Carrots and Pickled Peppers

Prep Time: 15 min.

Cook Time : 45min.

Serves: 4

NUTRITION FACTS, PER SERVING:

450 calories

9 g of fat

861 mg of sodium



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

- 1 tablespoon vegetable oil**
- 4 (3/4 inch-thick) boneless pork chops, trimmed
- 1 clove garlic, minced
- 1/4 cup low sodium beef broth
- 1/4 cup low sodium soy sauce
- 2 tablespoons brown sugar
- 2 teaspoons vegetable oil**
- 1/4 teaspoon red pepper flakes
- 2 teaspoons cornstarch**
- 2 tablespoons water**
- 1/4 cup green scallions, thinly sliced
- 2 1/2 cups large diced carrots
- 2 Tbsp finely diced shallots
- 3 Pepperoncini pickled peppers
- 2 Tbsp apple cider vinegar
- 2 Tbsp honey
- 3 Tbsp sliced almonds

DIRECTIONS:

1. Heat 1 tablespoon **vegetable oil** in a skillet over medium heat. Brown **chops** in hot oil, about 5 minutes per side; remove pork to a plate, reserving oil in skillet.
2. Cook and stir **garlic** in reserved drippings until fragrant, about 1 minute. Whisk **beef broth, soy sauce, brown sugar, 2 teaspoons vegetable oil, and red pepper flakes** in a bowl, dissolving brown sugar. Return **pork chops** to skillet and pour **soy sauce mixture** over the chops. Bring sauce to a boil, cover skillet, and reduce heat to low. Simmer chops until tender, 30 to 35 minutes, turning once halfway through cooking.
3. In the meantime, bring the **honey** to room temperature. Peel the **shallot** and finely chop to get 2 Tbsp. Place in a medium bowl, add the **vinegar, honey** and a drizzle of **olive oil**. Stir, season with **salt and pepper** and let it marinate for 10 minutes. Roughly chop the **pepperoncini peppers**.
4. In a medium nonstick skillet, heat 2 tsp of **olive oil** on medium high heat. Add the **diced carrots** in an even layer, cook without stirring 2-3 minutes until slightly browned and softened. Stir and cook for an additional 2 to 3 minutes. Add the **cooked carrots** and **chopped peppers** to the **marinated shallots** and stir to combine. Top with **sliced almonds**.
5. Transfer chops to a serving platter. Whisk **cornstarch** and **water** in a small bowl until smooth; stir into pan juices and simmer until thickened, about 5 minutes. Pour **sauce** over **chops** and sprinkle with **sliced green onions**. Serve with carrots and pickled peppers on the side.

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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Stuffed Peppers With Rice, Beef and Corn

Prep Time: 15 min.

Cook Time : 40 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

312 calories

9.8 g of fat

543 mg of sodium



INGREDIENTS: **** Items not**

- 4 green bell peppers
- 1 pound ground beef
- 1/4 cup chopped onion
- 1 teaspoon dried Italian seasoning
- 1/4 teaspoon salt**
- 1/4 teaspoon black pepper**
- 1/2 cup brown rice
- 1 cup marinara sauce
- 1 cup shredded mozzarella cheese
- 5 ears of corn

DIRECTIONS:

1. Wash bell **peppers**. Cut bell peppers in half lengthwise; discard seeds and membranes. Place bell pepper halves, cut sides up, in an 11 x 7 inch baking dish. Microwave at HIGH 6 to 7 minutes or until tender.
2. In a sauce pan bring **1 cup of water** to a boil. Once water is boiling add **1/2 cup rice and 1 pinch salt**. Lower heat to a gentle simmer. Cook rice with lid on for 20 minutes or until done, the rice will be firm but tender, and no longer crunchy. It is fine if it's slightly sticky but shouldn't be gummy. 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.
3. Once rice is cooked, heat a large nonstick skillet over medium-high heat. Cook **beef and chopped onion** until browned, stirring to crumble beef. Drain, if necessary; return to pan. Stir in dried **Italian seasoning, salt, black pepper, brown rice, and marinara sauce**. Cook 1 to 2 minutes or until warm, stirring occasionally.
4. Fill bell pepper halves with beef mixture; sprinkle evenly with **mozzarella cheese**. Microwave at HIGH 2 to 3 minutes or until cheese melts.
5. Arrange **1 to 4 ears of corn**, un-shucked, in the microwave. If you prefer, you can set them on a microwaveable plate or tray. If you need to cook more than 4 ears of corn, cook them in batches. For just 1 or 2 ears of corn, microwave for 3 minutes. For 3 or 4 ears, microwave for 4 minutes. When the silks and top leaves are cool enough to handle, shuck the husks off the cobs. The corn will stay quite warm in their husks, so wait to shuck them until just before serving.

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