



## San Francisco Pork Chops with Green Beans

Prep Time: 15 min.

Cook Time : 45min.

Serves: 4

### NUTRITION FACTS, PER SERVING:

93 calories

5.8 g of fat

661 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
- 1 lb. green beans

### 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. Wash and trim **green beans**. In a medium pot, bring water with **1 tsp salt** to boil. Add **green beans**. Reduce heat, cover and cook for 10 minutes or until desired tenderness. Drain, drizzle with **olive oil** and season with **salt and pepper**.
4. 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** to serve.

*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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## Ground Turkey Spaghetti

Prep Time: 10 min  
Cook Time : 40 min  
Serves: 4

### NUTRITION FACTS, PER SERVING:

711 Calories  
20.29 g of fat  
660 mg of sodium



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

- 1 lb ground turkey
- 2 Tbsp olive oil\*\*
- 2 large garlic cloves, minced
- 1/2 cup diced onions
- 1/2 cup diced green peppers
- 1/2 cup diced mushrooms
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 jar Prego Traditional Spaghetti sauce
- 1/2 cup white wine\*\*
- 1/2 tsp sugar\*\*
- 1/2 cup parmesan cheese (divided into 2-1/4 cup servings)
- 1 tsp salt\*\*
- 1 tsp pepper\*\*
- 1lb whole wheat thin spaghetti

### DIRECTIONS:

1. In a large skillet heat **2 TB olive oil** over medium heat. Season the **ground turkey** with **salt** and **pepper** and add to the skillet. Cook for 10 minutes breaking it up until the turkey browns and is no longer pink.
2. Add, **diced onions, diced pepper, minced garlic, diced mushrooms** and cook for 3-4 minutes until the mushrooms have released all their moisture.
3. Add the **dried oregano and dried basil**. Mix well.
4. Add the **spaghetti sauce, white wine and 1/2 tsp sugar**.
5. Bring mixture to a slow simmer, reduce heat to low and cover. Let the sauce cook for 20 minutes.
6. In the meantime, in a large pot, bring **water** to a boil, add a **1 tsp salt** and desired amount of spaghetti. Cook spaghetti according to package instructions. When the spaghetti is done, drain well and set aside.
7. Add **1/4 cup of parmesan cheese** to the sauce and stir well to combine.
8. To serve: divide **pasta** among 4 bowls, top with **sauce** and sprinkle with **parmesan cheese**.

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