



Beef Tagine With Butternut Squash over Couscous

Prep Time: 15 min.
Cook Time : 1 hr. 15min.
Serves: 4

NUTRITION FACTS, PER SERVING:

283 calories
9.5 g total fat
617 mg of sodium



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

- 2 tsp. paprika
- 1 tsp. ground cinnamon
- 3/4 tsp. salt**
- 1/2 tsp. ground ginger
- 1/2 tsp. crushed red pepper
- 1/4 tsp. black pepper**
- 1 lb. beef cubes
- 1 Tbsp. olive oil**
- 1/2 cup onions, diced
- 4 tsp. minced garlic
- 1/2 cup low sodium chicken broth
- 1 can (14.5 ounce) diced tomatoes
- 3 cups cubed peeled butternut squash
- 3 Tbsp chopped fresh parsley for garnish
- 1 box couscous

DIRECTIONS:

1. Combine **paprika, ground cinnamon, 3/4 tsp. salt, ground ginger, red pepper flakes** and **1/4 black pepper**. Add **beef**; toss well to coat.
2. Heat **olive oil** in large sauté pan over medium-high heat. Add **beef** and **onions**; cook 4 minutes or until browned, stirring occasionally. Add **garlic**; cook 1 minute, stirring frequently. Stir in **broth** and **tomatoes**; bring to boil. Reduce heat to medium-low, cover and cook 40 minutes. ****** Add **squash**; cover and simmer 20 minutes more or until **squash** is tender. Sprinkle with **chopped parsley**.
3. Cook couscous according to package instructions. Serve the beef tagine over couscous.

NOTE: Can be prepared in a crockpot and cooked on low for 8-10 hours. Cooking time on stove may vary; you can check meat after 40 minutes by cutting to check tenderness.

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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White Bean Chicken Chili

Prep Time: 15 min
Cook Time : 45 min
Serves: 4

NUTRITION FACTS, PER SERVING:
344 calories
16 g of fat
894 mg of sodium



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

- 1 pound chicken breasts cubed
- 1/4 teaspoon salt**
- 1/4 teaspoon pepper**
- 2 TB canola oil divided**
- 1 medium jalapeno pepper, seeded and diced (**use gloves and don't touch your eyes after dicing**)
- 1 poblano pepper, diced
- 1 large onion, diced
- 4 garlic cloves, minced
- 1 TB ground cumin
- 1 1/2 tsp ground coriander
- 1 tsp chili powder
- 2 cans (14.5 ounces each) cannellini beans, rinsed and drained, divided
- 4 cups chicken broth, plus 1 cup extra to thin out if needed towards the end
- 2 limes, one juiced and one cut into wedges for serving
- 1/4 cup chopped cilantro leaves
- 1 cup shredded cheddar cheese
- Sour cream for topping**

DIRECTIONS:

1. Cut **chicken breasts** into cubes. Toss **chicken** with **salt** and **pepper**. In a large pot, heat **1 tablespoon oil** over medium-high heat; sauté **chicken** until browned. Remove from the skillet and set aside.
2. Add and heat the remaining **1 TB canola oil**. Core, seed and dice **poblano and jalapeno pepper**. Add the **diced peppers, diced onions, and minced garlic** and sauté until soft and fragrant, about 5 minutes. Season the vegetables with a pinch of **salt** and **pepper** to taste. Add the **cumin, coriander and chili powder** and continue to sauté for 1 more minute to toast the spices. Stir in the cooked **chicken, chicken stock and lime juice** and bring to a simmer.
3. Drain and rinse the **white beans**. In a medium bowl, mash half of the beans with **1/2 cup of chicken broth** with a potato masher until chunky.
4. Add the **mashed beans** and the remaining **whole beans** to the pot and simmer for 30 minutes.
5. After 40 minutes, taste for seasoning and adjust if necessary.
6. Serve the chili in individual bowls and top with **shredded cheese, a dollop of sour cream, chopped fresh cilantro and lime wedges**.

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