



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 *Hoffman's Meat Market, Hagerstown MD*
- 1 Tbsp. olive oil**
- 1/2 cup onions
- 4 tsp. minced garlic
- 1/2 cup chicken broth
- 1 can (14.5 ounce) no salt diced tomatoes
- 3 cups (1 inch) cubed peeled butternut squash
- 1/4 cup chopped fresh cilantro
- Roasted Garlic and olive oil 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 cilantro**.
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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Sticky Honey-Garlic Shrimp with Basmati Rice

Prep Time: 10 min
Cook Time : 20 min
Serves: 4

NUTRITION FACTS, PER SERVING:

545 calories
4.94 g of total fat
715 mg of sodium



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

- ½ cup honey
- ¼ cup low sodium soy sauce
- 3 cloves garlic, minced
- juice of one small lemon
- 1 pound large shrimp, peeled and deveined
- 2 Tablespoons butter**
- green onions, for garnish
- 1 1/2 cups Basmati Rice
- 1/2 tsp salt**
- 1 tsp vegetable oil**

DIRECTIONS:

1. Bring **3 cups of water** in a medium pot with **1/2 tsp salt and 1 tsp vegetable** oil to boil. Add the **rice**, stir and bring to a gentle simmer. Cover, bring the heat down to low and cook for 18-20 minutes. 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
2. In a small bowl whisk **honey, soy sauce, garlic and lemon**. Add half of the sauce to the shrimp and let marinate for 30 minutes.
3. In a medium sized skillet heat the **butter**. Add the **shrimp** and discard marinade. Season with **salt and pepper**. Turn the heat to medium high. Cook until the shrimp turns pink about 2 minutes each side. Add the **reserved marinade** and pour over shrimp. Cook until the sauce starts to thicken and coats the shrimp. Garnish with **green onions**.

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