



## Italian Sausage Hoagies With Mixed Greens Salad

Prep Time: 15 min  
Cook Time : 20 min  
Serves: 4  
Serving Size: 1 hoagie

### NUTRITION FACTS, PER SERVING:

710 Calories  
45.6 g total fat  
1015 mg of sodium



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

- 4 (2-ounce) hoagie rolls, halved lengthwise
- 1 lb Italian sausage (Pork), cut into 1-inch-thick pieces
- 1/2 cup chopped onion
- 1 teaspoon minced fresh garlic
- 1 cup marinara sauce
- 1 small red bell pepper, thinly sliced
- 1/4 teaspoon freshly ground black pepper\*\*
- 3/4 cup mozzarella cheese
- Salt and pepper\*\*
- Mixed Greens

### DIRECTIONS:

1. Preheat broiler to high.
2. Hollow out top halves of **rolls**. Arrange rolls, cut sides up, on a baking sheet. Broil 1-2 minutes or until toasted. Set aside.
3. Cut **sausage** into 1" pieces. Heat a large skillet over medium-high heat. Add sausage to pan; cook 3 minutes or until lightly browned, stirring occasionally. Add **onion and garlic; cook 1 minute**. Add **marinara, bell pepper, and black pepper**; bring to a boil. Reduce heat, and simmer 6 minutes or until bell pepper is crisp-tender.
4. Arrange about **3/4 cup sausage mixture** over bottom half of each roll; sprinkle each serving with about 2 tablespoons cheese. Place on a baking sheet; broil 2 minutes or until cheese melts. Top with top halves of rolls.
5. In a large bowl, toss together the **mixed greens** salads with your favorite salad dressing.

*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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## Beef and Barley Soup with Ciabatta Rolls

Prep Time: 10 min

Cook Time : 2 hrs

Serves: 4

### NUTRITION FACTS, PER SERVING:

541 calories

12.4 g of fat

937 mg of sodium



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

- 1 T olive oil\*\*
- 1 lb. cubed beef
- 1 1/2 cups diced carrots
- 1 1/2 cups diced celery
- 2/3 cup diced onion
- 8 oz. sliced mushrooms
- 6 cups beef broth
- 1 bay leaf
- 2/3 cup uncooked pearl barley
- 1/4 tsp. pepper\*\*
- 1/4 tsp. dried thyme
- 1/4 tsp. dried oregano
- 4 ciabatta rolls

### DIRECTIONS:

1. Heat a large soup pot over medium heat. Add **1 TB olive oil** and **beef** to pot; cook 5 minutes until browned; stirring frequently. Wash, slice and set aside the **mushrooms**.
2. Add **carrots, celery, onions, mushrooms, oregano and thyme, and pepper** to pot; cook 5 minutes more; stirring frequently.
3. Add **beef broth** and **bay leaf** to pot and bring to a gentle boil. Cover and reduce heat to medium-low. Cook 1.5 hours or until beef is tender, stirring occasionally.
4. Stir in **pearl barley**; cover and simmer on medium-low for 30 minutes more or until barley is tender.
5. Discard **bay leaf** before serving.
6. Bake ciabatta rolls in a 400 degree oven for 10 minutes.

**Note:** This can be prepared in a crockpot. Follow directions 1 and 2, browning the beef and vegetables. Then place ingredients (except the barley ) in a crockpot and cook on low for 8 hours or high for 4 hours. **Add the barley during the last 30 minutes of cook time in the crockpot.**

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