



Pumpkin Chipotle Veggie Burgers

Prep Time: 20 min.

Resting Time: 15 min

Cook Time : 45 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

370 calories

16g total fat

1020 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 can pinto beans, drained
- 1 egg, slightly beaten**
- 1 cup butternut squash, roasted and lightly mashed
- 1 Tbsp. chopped chipotles (reserve the sauce to make the mayonnaise)
- 2 garlic cloves, minced
- 1/2 cup chopped onion
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1 tsp dried oregano
- 1 1/2 cups rolled oats
- 3 Tbsp. vegetable oil**
- 1 avocado
- 4 whole wheat buns
- Lettuce leaves

Chipotle Mayonnaise

- 1/3 cup mayonnaise**
- 1 tsp lemon juice
- 1 tsp adobo sauce from the chipotle peppers
- 1/4 tsp paprika
- Pinch of cayenne
- Pinch of salt and pinch of pepper**

DIRECTIONS:

1. Place **butternut squash** on a cookie sheet and drizzle with **olive oil** and season with a pinch of **salt and pepper**. Roast at 375 degrees for 20 minutes. Let it come to room temperature and mash lightly with a fork.
2. In a large bowl, lightly mash with a fork the drained **pinto beans** but don't over do it. Add the slightly beaten **egg**, the **mashed butternut squash**, **1 TB chopped chipotle pepper**, **2 garlic cloves minced**, **1/2 cup diced onion**, **1/2 tsp cumin**, **1/2 tsp paprika**, **1 tsp oregano** and **1 1/2 cups rolled oats** and combine well. Let it stand for 10-15 minutes in refrigerator.
3. Make the **chipotle mayonnaise** while the mixture rests, by mixing all ingredients in a small bowl. Set aside.
4. Form the veggie burger patties about the same size of the buns.
5. In a large nonstick skillet, heat the **oil** over medium heat. Sear the **veggie patties** about 5-8 minutes on each side.
6. Split the **buns** and place in a 300 degree oven to lightly toast.
7. Place a veggie burger on one side of the bun, spread **chipotle mayonnaise** on other side, top burger with sliced **avocado** and **lettuce leaves**.

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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Simple Cream of Broccoli Soup With Rolls

Prep Time: 10 min.

Cook Time : 30 min.

Serves: 4

NUTRITION FACTS, PER SERVING:

291 calories

8.12 g total fat

875 mg of sodium



INGREDIENTS: ** Items not included in kit

- 2 tablespoons butter**
- 1/2 cup light cream
- 1 onion, chopped
- 1 clove garlic, minced
- 1 russet potato, peeled and diced
- Nutmeg, to taste (1 pinch, optional)
- 1 large container plus 1 can of vegetable broth, warmed
- 1/4 tsp salt**
- 3 cups chopped broccoli florets and stems
- 1/4 tsp black pepper**
- 4 Ciabatta Rolls

DIRECTIONS:

1. In a large pot, melt **butter** and cook **onion and garlic** until tender over medium high heat.
2. Add **potato** and toss to coat with butter.
3. Add **hot stock** and bring to a simmer.
4. Stir in **broccoli** and return to a simmer. Cook for about 30 minutes.
5. When potatoes and broccoli are tender, puree in batches in a blender, food processor or use an immersion blender.
6. Return to the pot and add **cream**.
7. Season with **salt, pepper**, and a **pinch of nutmeg (optional)** and serve warm.
8. Warm **ciabatta rolls** in a 400 degree oven for 10 minutes.

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