



Chicken Apple Burger

Prep Time: 10 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:
385 calories
12 g. total fat
485 mg of sodium



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

- 2 apples, 1 sliced thinly and 1 grated
- 2 tsp. Rotisserie Chicken Seasoning
- 1/4 tsp. salt**
- 1/4 tsp. pepper**
- 1.5 lb. ground chicken
- 1/4 cup finely chopped celery
- 4 hamburger buns
- 1/2 cup whole-berry cranberry sauce
- 1 lb. broccoli florets
- 2 TB olive oil**
- 1/4 tsp salt**
- 1/4 tsp black pepper**

DIRECTIONS:

1. **Thinly slice one apple.** Peel and coarsely **grate the other apple** into shreds. Spray ridged grill pan or grill with cooking spray; heat to medium-high heat until hot.
2. In medium bowl, stir **shredded apple** with **rotisserie chicken seasoning, 1/2 tsp. salt and 1/4 tsp. ground black pepper** until blended. Mix in **chicken and celery** until just combined, **do not over mix.** Shape **chicken mixture** into four 1/2-inch-thick burgers, handling mixture as little as possible.
3. Preheat oven to 450 degrees F. **Wash and cut broccoli into florets.** Toss **broccoli** with **olive oil, 1/4 tsp salt and 1/4 tsp pepper** on a baking sheet. Spread them out and roast until the edges are crispy, about 20 minutes.
4. Place **chicken burgers** on grill pan/grill; cook 10 to 12 minutes or until chicken loses its pink color throughout, turning over once after 6 minutes. Serve burgers on **buns with apple slices and cranberry sauce.**

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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Hungarian Beef Stew

Prep Time: 15 min.

Cook Time : 2 hrs.

Serves: 4

NUTRITION FACTS, PER SERVING:

400 calories

19 g of fat

265 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 pound beef cubed (1" pieces)
- 1/2 teaspoon salt, divided **
- 1/4 teaspoon freshly ground black pepper, divided **
- 2 tablespoons olive oil **
- 2 medium onions, chopped
- 1/2 cup raisins
- 2 tablespoons all-purpose flour**
- 1 tablespoon paprika
- 1 teaspoon fennel seeds
- 3 garlic cloves, minced
- 1 cup beef stock (you can substitute 1 cup of red wine**)
- 2 cups water, divided **
- 1 1/2 cups beef broth
- 1 pound small red potatoes, cut into 1-inch chunks
- 3 carrots, coarsely chopped
- 2 bell peppers, chopped

DIRECTIONS:

1. Sprinkle **beef** with **1/2 teaspoon salt** and **1/4 teaspoon pepper**. Heat **oil** in a large Dutch oven over medium-high heat. Add one-third of beef to pan; cook 6 minutes or until golden brown on both sides. Transfer to a plate. Repeat procedure with remaining beef in 2 more batches.
2. Reduce heat to medium, and add **onions** to pan; cook 5 minutes or until softened. Add **flour, paprika, fennel seeds,** and **garlic**; cook 1 minute, stirring. Add **1 cup beef stock or 1 cup red wine**; cook 2 minutes or until thickened, stirring occasionally and scraping browned bits from bottom of pan.
3. Add **1 cup water, 1 1/2 cups beef broth,** and **beef** to pan; bring to a simmer. Reduce heat to low; cook for 1 1/4 hours. Stir in **potatoes, carrots, peppers, raisins** and remaining **1 cup water (or beef broth if you have some leftover)**; simmer, partially covered, for 45 minutes to an hour or until meat and vegetables are fork-tender. Season stew with salt & pepper to taste, if needed.

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