



Potato, Turnip and Spinach Baeckeoffe

Prep Time: 10 min
Cook Time : 1 hr 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

279 Calories
11.3 total grams of fat
454 mg of sodium



INGREDIENTS: ** Items not included in kit

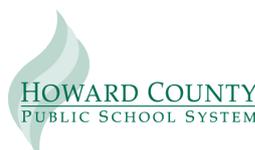
- 1 tablespoon unsalted butter**
- 1 pound sliced mushroom caps
- 1 teaspoon minced garlic
- 1 cup white wine** (you can substitute with vegetable stock if you don't have white wine)
- 2 tablespoons chopped fresh flat-leaf parsley
- 1 large thyme sprig
- 3/4 teaspoon freshly ground black pepper, divided**
- 2 tablespoons 1/3-less-fat cream cheese
- Cooking spray**
- 4 cups sliced onion (about 2 medium onions)
- 1 (8-ounce) Yukon gold potato, peeled and cut into (1/4-inch-thick) slices
- 2 cups packed baby spinach leaves (trim, wash and pat dry)
- 1/2 teaspoon salt, divided**
- 1 (6-ounce) turnip, peeled and cut into (1/8-inch-thick) slices
- 1 1/2 teaspoons chopped fresh tarragon
- 1/4 cup heavy whipping cream
- 3/4 cup shredded Swiss cheese

DIRECTIONS:

1. Preheat oven to 350°.
2. Melt **butter** in a large nonstick skillet over medium-high heat. Add **mushrooms** to pan, and sauté 2 minutes or until lightly browned. Stir in **garlic**; sauté 30 seconds. Add **wine**; cook 2 minutes. Add **parsley, thyme, and 1/4 teaspoon pepper**. Cover, reduce heat, and simmer 10 minutes. Uncover and cook 6 minutes or until liquid almost evaporates. Remove from heat; **discard thyme**. Add **cream cheese**, stirring until cheese melts. Remove mushroom mixture from pan. Wipe pan clean with paper towels.
3. Heat pan over medium-high heat. Coat pan with cooking spray. Add **onion**; sauté for 5 minutes, stirring frequently. Reduce heat to medium; continue cooking for 15 minutes or until deep golden brown, stirring frequently. Set aside.
4. Coat a 6-cup baking dish with cooking spray. Arrange **potato slices** in dish, and top with **spinach**. Sprinkle **1/4 teaspoon salt and 1/4 teaspoon black pepper** evenly over **spinach**. Spoon the **mushroom mixture** over black pepper, and arrange **turnip slices** over mushroom mixture. Top with **caramelized onions**; sprinkle with remaining **1/4 teaspoon salt, remaining 1/4 teaspoon black pepper, and tarragon**. Pour **whipping cream** over tarragon, and sprinkle evenly with **Swiss cheese**. Cover and bake at 350° for 40 minutes. Uncover and bake an additional 20 minutes or until vegetables are tender and cheese begins to brown.

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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Vegetarian Chili

Prep Time: 10 min.

Cook Time : 45 min.

Serves: 6

NUTRITION FACTS, PER SERVING:

381 Calories

17.06 g total fat

1020 mg of sodium



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

- 2 tablespoons olive oil**
- 1 medium red onion, chopped
- 1 large bell pepper, chopped
- 2 medium carrots, chopped
- 2 ribs celery, chopped
- 1 teaspoon salt, divided**
- 4 cloves garlic, pressed or minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 1½ teaspoons paprika
- 1 teaspoon dried oregano
- 1 large can (28 ounces) chopped tomatoes
- 2 cans (15.5 ounces each) black beans, rinsed and drained
- 1 can (15.5 ounces) pinto beans, rinsed and drained
- 2 cups low sodium vegetable broth or water
- 1 bay leaf
- 2 tablespoons chopped fresh cilantro, plus more for garnishing
- 1 to 2 teaspoons lime juice to taste
- **Optional Garnishes:** chopped cilantro, sliced avocado, tortilla chips, sour cream, grated cheddar cheese**

DIRECTIONS:

1. In a large heavy-bottomed pot over medium heat, warm the **olive oil** until shimmering. Add the **chopped onion, bell pepper, carrots, celery and 1/2 teaspoon salt**. Stir to combine and then cook, stirring occasionally, until the vegetables are tender and the onion is translucent, about 7 to 10 minutes.
2. Add the **garlic, chili powder, cumin, paprika and oregano**. Cook until fragrant while stirring constantly, about 1 minute.
3. Add the **diced tomatoes and their juices, the drained black beans and pinto beans, vegetable broth and bay leaf**. Stir to combine and let the mixture come to a simmer. Continue cooking, stirring occasionally and reducing heat as necessary to maintain a gentle simmer, for 30 minutes. Remove the chili from heat.
4. For the best texture and flavor, transfer 1½ cups of the chili to a blender and blend until smooth, then pour the blended mixture back into the pot. (Or, you can blend the chili briefly with an immersion blender, or mash the chili with a potato masher until it reaches a thicker, more chili-like consistency.)
5. Add the **chopped cilantro**, stir to blend, and then mix in the **lime juice to taste**. Add **1/2 tsp salt or to taste**. Divide the mixture into individual bowls and serve with garnishes of your choice

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