



Hungarian Beef Stew

Prep Time: 15 min.

Cook Time : 2 hrs.

Serves: 4

NUTRITION FACTS, PER SERVING:

400 calories

19 g of fat

390 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 1/2 pounds cubed beef (1" pieces)
- 3/4 teaspoon salt, divided **
- 1/2 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 stock
- 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 stock**, 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**; simmer, partially covered, for 45 minutes to an hour or until meat and vegetables are fork-tender. Season stew with remaining **1/4 teaspoon salt and 1/4 teaspoon pepper**.

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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Turkey Chili on Delicata Squash Bowls

Prep Time: 10 min

Cook Time : 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

578 Calories

16.87 Gm of fat

1008 mg of sodium



INGREDIENTS: ** Items not included in kit

- 1 Tbsp. olive oil**
- 1 lb. Ground turkey *Hoffman's Meat Market, Hagerstown MD*
- 1 Tbsp. minced garlic
- 2 1/2 tsp. ground cumin
- 1/2 tsp. salt and 1/2 tsp pepper**
- 1 can 14.5 oz. low sodium chicken broth
- 1 can 14/5 oz. black beans
- 2 cups corn kernels
- 1/2 cup salsa verde
- 1/2 cup brown rice
- 1 cup chopped sweet onion
- 1/2 cup chopped cilantro
- 2 Delicata Squash

DIRECTIONS:

1. Heat **oil** in a deep, large nonstick skillet over high heat. Add **turkey** and **minced garlic** and cook, stirring to break up meat, 3 to 4 minutes until browned. Add **cumin, salt** and **pepper**. Cook and stir about 30 seconds.
2. Drain and rinse **black beans** with water.
3. Stir in **broth, beans, corn, salsa verde and brown rice**. Bring to a boil, reduce heat and cover. Let the mixture simmer, stirring occasionally, 20—25 minutes until rice is tender.
4. While the chili is cooking, Preheat oven to 400 degrees. Cut **delicata squash** in half lengthwise and scoop out seeds. Drizzle **olive oil** into the bottom of baking dish to coat. Season squash halves with **salt** and **pepper**; arrange into baking dish with flesh side down. Bake in preheated oven until a fork easily pierces through the skin and flesh, about 25 minutes.
5. Remove **chili** from heat, stir in **onion** and **chopped cilantro**. Spoon chili into delicata squash bowls and serve. You can eat the skin of the delicata squash.

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