



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
- 1/2 tsp. pepper**
- 1/4 tsp. dried thyme
- 1/4 tsp. dried oregano
- 4 ciabatta rolls

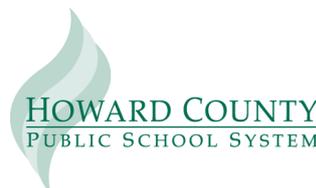
DIRECTIONS:

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.
2. Add **carrots, celery, onions, mushrooms, oregano and thyme** 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 according to package instructions.

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.**

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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Honey Garlic Pork Chops and Mashed Potatoes

Prep Time: 15 min
Cook Time : 30 min
Serves: 4

NUTRITION FACTS, PER SERVING:

413 calories
16 g total fat
441 mg of sodium



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

- 1 pound potatoes
- 2 cloves garlic (minced)
- Salt**
- 4 pork chops
- 1/2 cup ketchup
- 2 2/3 tablespoons honey
- 2 tablespoons low-sodium soy sauce
- 2 Tbsp butter**
- 1/4 cup milk**

DIRECTIONS:

1. Wash **potatoes**, put **potatoes** in a pot, cover with **cold water** and season with **salt**. Cover pot and bring to a boil, then uncover and continue cooking until tender, about 15 minutes. Cover and set aside.
2. Preheat grill for medium heat and lightly oil the grate or preheat oven to 400 degrees.
3. Whisk **ketchup, honey, soy sauce, and garlic together** in a bowl to make a glaze.
4. Sear the **pork chops** on both sides on the preheated grill. Lightly brush glaze onto each side of the chops as they cook; grill until no longer pink in the center, about 7 to 9 minutes per side. An instant-read thermometer inserted into the center should read 145 degrees F (63 degrees C). If using the oven, heat over medium high heat a large nonstick skillet . Add **1 TB canola oil** and sear **pork chops** a couple of minutes per side. Transfer to a baking sheet, brush glaze, place in the middle of the oven and follow the rest of the cooking instructions.
5. Drain **potatoes**, saving **1/4 cup of liquid**. Return **potatoes** to the pan; add the **milk and butter** and mash, adding saved **cooking liquid** as needed. Season with **salt** and **pepper**. Serve with the pork chops.

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