



### In your box

- .6 oz. Butter
- 2 oz. Ricotta
- 1 oz. Sour Cream
- 4 tsp. Beef Flavor Demi-Glace Concentrate
- 2 oz. Red Cooking Wine
- 1 Yellow Onion
- ¼ cup Italian Breadcrumbs
- 2 Russet Potatoes
- 8 oz. Carrot

### Customize It Options

- 10 oz. Ground Beef
- 12 oz. Impossible Burger
- 10 oz. Ground Pork

\*Contains: milk, wheat

### You will need

- Olive Oil, Salt, Pepper
- Medium Pot, Colander, Mixing Bowl, Medium Non-Stick Pan

### Minimum Internal Protein Temperature

<b>145°</b>	Steak	Pork	Lamb	Seafood
<b>160°</b>	Ground Beef		Ground Pork	
<b>165°</b>	Chicken		Ground Turkey	

Classic Meal Kit



# Beef Meatball Pot-au-Feu

with mashed potatoes

NUTRITION per serving—Calories: 827, Carbohydrates: 70g, Sugar: 14g, Fiber: 7g, Protein: 38g, Sodium: 1533mg, Fat: 42g, Saturated Fat: 17g  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients.

\*Nutrition & allergen information varies based on menu selection and ingredient availability. Review protein and meal labels for updated information.

Prep & Cook Time

**40-50 min.**

Cook Within

**5 days**

Difficulty Level

**Intermediate**

Spice Level

**Not Spicy**

## Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Ingredient(s) used more than once: **butter, potato cooking water**



### 1. Make the Mashed Potatoes

- Peel and cut **potatoes** into evenly-sized chunks. Bring a medium pot with potato chunks covered by 8 cups **water** and 2 tsp. **salt** to a boil. Cook until fork-tender, 14-18 minutes.
- Reserve 1 cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Set aside  $\frac{2}{3}$  cup potato cooking water for sauce. To potatoes, add **sour cream**, half the **butter** (reserve remaining for sauce),  $\frac{1}{2}$  tsp. salt, and 2 Tbsp. remaining potato cooking water. Mash until smooth. *If too dry, add additional remaining potato cooking water 1 Tbsp. at a time until desired consistency is reached.* Cover and set aside.
- While potatoes boil, prepare ingredients.



### 2. Prepare the Ingredients

- Halve and peel **onion**. Cut halves into  $\frac{1}{4}$ " dice.
- Peel, trim, and cut **carrot** into  $\frac{1}{4}$ " dice.

## Customize It Instructions

- If using **Impossible burger**, follow same instructions as beef in Steps 3, 4, and 5, cooking until heated through, 3-5 minutes.
- If using **ground pork**, follow same instructions as beef in Steps 3, 4, and 5, cooking until meatballs reach minimum internal temperature, 3-5 minutes.



### 3. Make the Meatballs

- In a mixing bowl, combine **ground beef**, **breadcrumbs**, **ricotta**, and a pinch of **salt** and **pepper**.
- Form into eight evenly-sized meatballs, about the size of golf balls.



### 4. Sear the Meatballs

- Place a medium non-stick pan over medium heat and add 1 tsp. **olive oil**.
- Add **meatballs** to hot pan and stir occasionally until browned all over, 4-6 minutes.
- Transfer meatballs to a plate. *Meatballs will finish cooking at a later step.* Reserve pan; no need to wipe clean.



### 5. Make Sauce and Finish Dish

- Return pan used to sear meatballs to medium-high heat. *If pan is dry, add 2 tsp. olive oil.* Add **carrot** and **onion** to hot pan. Stir often until lightly browned, 3-5 minutes.
- Add reserved **potato cooking water**, **demi-glace concentrate**, and **red cooking wine**. Bring to a boil.
- Once boiling, add **meatballs**. Cover, and cook until vegetables are tender and meatballs reach a minimum internal temperature of 160 degrees, 3-5 minutes.
- Remove from burner. Gently stir in remaining **butter**.
- Plate dish as pictured on front of card, making a bed of **potatoes** and placing meatballs and vegetables on top. Generously pour sauce over. Bon appétit!