



### In your box

- 2 tsp. Chicken Demi-Glaze Concentrate
- ½ oz. Flour
- 3 oz. Corn Kernels
- ½ oz. Crispy Fried Onions
- 1 tsp. Pot Roast Seasoning
- 1 Red Bell Pepper
- 2 oz. Sour Cream
- 6 oz. Yukon Potatoes
- 3 oz. Black Beans

### Customize It Options

- 8 oz. Italian Pork Sausage Links
- 4 Beyond Sausage Hot Italian Links
- 12 oz. Ground Turkey
- 10 oz. Ground Beef
- 10 oz. Ground Pork

\*Contains: milk, wheat

### You will need

Olive Oil, Salt, Pepper, Cooking Spray  
 Medium Pot, Large Non-Stick Pan,  
 Colander, Baking Sheet,  
 Small Oven-Safe Casserole Dish

### Minimum Internal Protein Temperature

|      |             |      |               |         |
|------|-------------|------|---------------|---------|
| 145° | Steak       | Pork | Lamb          | Seafood |
| 160° | Ground Beef |      | Ground Pork   |         |
| 165° | Chicken     |      | Ground Turkey |         |

Classic Meal Kit



## Italian Sausage Cowboy Pie

with black beans and red peppers

NUTRITION per serving—Calories: 606, Carbohydrates: 49g, Sugar: 8g, Fiber: 6g, Protein: 27g, Sodium: 1687mg, Fat: 37g, Saturated Fat: 13g  
 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

45-55 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
- Preheat oven to **425 degrees**
- Prepare a baking sheet with foil
- Prepare a small casserole dish with cooking spray

### Customize It Instructions

- If using **Beyond sausage**, follow same instructions as Italian sausage in Step 3, breaking up until warmed through, 6-8 minutes. Vegetarian sausage will not brown.
- If using **ground pork**, follow same instructions as Italian sausage in Step 3, breaking up until pork reaches minimum internal temperature, 4-6 minutes.
- If using **ground turkey**, follow same instructions as Italian sausage in Step 3, breaking up until turkey reaches minimum internal temperature, 7-9 minutes.
- If using **ground beef**, follow same instructions as Italian sausage in Step 3, breaking up until beef reaches minimum internal temperature, 4-6 minutes.



### 1. Make the Topping

- Peel and cut **potatoes** into large evenly-sized chunks.
- Bring a medium pot with potato chunks covered by **water** to a boil. Cook until potatoes are fork-tender, 14-18 minutes.
- Reserve  $\frac{1}{2}$  cup **potato cooking water**. Drain potatoes in a colander and return to pot.
- Add **sour cream**, half the potato cooking water, **seasoning blend**, and a pinch of **salt** and **pepper**. Mash until combined and mostly smooth. *For more chunks, mash less. If too thick, add additional potato cooking water, 1 Tbsp. at a time, until desired consistency is reached.*
- While potatoes cook, prepare ingredients.



### 2. Prepare the Ingredients

- Stem, seed, remove ribs, and cut **red bell pepper** into  $\frac{1}{2}$ " dice.
- Drain **black beans**.
- Remove **Italian sausage** from casing, if necessary.



### 3. Start the Filling

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**.
- Add **Italian sausage**, **red bell pepper**, and **corn** to hot pan. Break sausage into smaller pieces until no pink remains and sausage reaches a minimum internal temperature of 160 degrees, 4-6 minutes.



### 4. Finish the Filling

- Add **flour** to hot pan and stir until no dry flour remains in pan.
- Add  $\frac{1}{2}$  cup **water**, **demi-glance**, **black beans**,  $\frac{1}{4}$  tsp. **salt**, and a pinch of **pepper**. Bring to a simmer. Once simmering, stir often until combined, 2-3 minutes.
- Remove from burner. Transfer **filling** to prepared casserole dish. Spread **topping** evenly on filling. *To make spreading easy, coat the back of a spoon with cooking spray or water.*



### 5. Bake Dish and Finish Dish

- Place casserole dish on prepared baking sheet to catch any drips. Bake in hot oven until **topping** is golden brown, 10-15 minutes.
- Rest, at least 5 minutes.
- Serve family-style, garnishing with **crispy onions**. Bon appétit!