



In your box

- ½ oz. Flour
- 6 tsp. Beef Flavor Demi-Glace Concentrate
- ½ tsp. Garlic Salt
- 2 oz. Light Cream Cheese
- 4 oz. Carrot & Celery Blend
- 1 oz. Shredded Mozzarella
- 3 oz. Peas
- 1 oz. Sour Cream
- 2 Green Onions

Customize It Options

- 10 oz. Ground Beef
- 12 oz. Impossible Burger
- 12 oz. Diced Boneless Skinless Chicken Breasts
- 10 oz. Ground Turkey
- 20 oz. Double Portion Ground Beef

If you received different ingredients, we may have sent a substitute. Not to worry! Check your email for updated instructions.

You will need

- Olive Oil, Salt, Pepper
- Medium Pot

Minimum Internal Protein Temperature

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

Rest steak or pork after cooking, 3 minutes.

15 Minute Meal Kit



Cheesy Beef and Vegetable Stew

with sour cream

NUTRITION per serving—Calories: 580, Carbohydrates: 26g, Sugar: 10g, Fiber: 4g, Protein: 37g, Sodium: 1640mg, Fat: 34g, Saturated Fat: 16g
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

15 min.

Cook Within

4 days

Difficulty Level

Easy

Spice Level

Not Spicy

Before you cook

All cook times are approximate based on testing.

- If using fresh produce, thoroughly rinse and pat dry
- Set **cream cheese** on counter to soften
- Ingredient(s) used more than once: **green onions**

Customize It Instructions

- If using **20 oz. ground beef**, follow same instructions as 10 oz. ground beef, working in batches if necessary.
- If using **ground turkey**, follow same instructions as ground beef in Step 2, breaking up turkey until no pink remains and turkey reaches minimum internal temperature, 7-9 minutes.
- If using **diced chicken breasts**, pat dry. Follow same instructions as ground beef in Step 2, stirring occasionally until chicken reaches minimum internal temperature, 5-7 minutes.
- If using **Impossible burger**, follow same instructions as ground beef in Step 2, breaking up burger until heated through, 4-6 minutes.



1. Prepare the Green Onions

- Trim and thinly slice **green onions** on an angle, keeping white and green portions separate.



2. Start the Stew

- Place a medium pot over medium-high heat and add 1 tsp. **olive oil**.
- Add **ground beef, white portions of green onions, carrot and celery blend**, and a pinch of **salt** and **pepper** to hot pan. Break up meat until no pink remains and beef reaches a minimum internal temperature of 160 degrees, 4-6 minutes.



3. Finish the Stew

- Stir **flour** into hot pot until no dry flour remains.
- Stir in 1½ cups **water, demi-glace, garlic salt, peas, cream cheese**, and ¼ tsp. **salt**. Bring to a simmer, stirring often.
- Once simmering, stir until cream cheese is fully melted and combined, 3-5 minutes.
- Remove from burner and stir in **shredded cheese** until fully melted.



4. Finish the Dish

- Plate dish as pictured on front of card, garnishing with **sour cream** and **green portions of green onions**. Bon appétit!