



#### In your box

- 4 oz. Cremini Mushrooms
- 2 oz. Sour Cream
- 1 Shallot
- 2 Garlic Cloves
- 12 oz. Green Beans
- 10 oz. Ground Beef
- 4 tsp. Beef Demi-Glace



## Salisbury Meatballs

with garlic green beans

NUTRITION per serving—Calories: 595, Carbohydrates: 24g, Fat: 41g, Protein: 33g, Sodium: 1316mg.  
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time  
**35-45 min.**

Cook Within  
**5 days**

Difficulty Level ● ● ●  
**Intermediate**

Spice Level 🌶️ 🌶️ 🌶️  
**Not Spicy**

## 🕒 You will need

Olive Oil, Salt, Pepper

Medium Non-Stick Pan, Mixing Bowl, Large Non-Stick Pan

## 👑 Before you cook

Take a minute to read through the recipe before you start—we promise it will be time well spent!

- Thoroughly rinse produce and pat dry
- Ingredient(s) used more than once: **mushrooms, sour cream**



1

### Prepare the Ingredients

- Peel and mince **shallot**.
- Thinly slice **mushrooms**. Mince four mushroom slices.
- Thinly slice **garlic**.
- Trim ends off **green beans**.



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### Make the Meatball Mixture

- Place a medium non-stick pan over medium-high heat and add 1 tsp. **olive oil**. Add **shallot** and **minced mushroom** to hot pan. Stir often until lightly browned, 3-4 minutes.
- Remove from burner and transfer to a mixing bowl.
- Wipe pan clean and reserve.
- Add **ground beef**, half the **sour cream** (reserve remaining for sauce), ½ tsp. **salt**, and a pinch of **pepper** to shallot-mushroom mixture and combine thoroughly.
- Form mixture into six equally-sized meatballs, about the size of golf balls.



3

### Sear the Meatballs

- Return pan used to cook mushrooms to medium-high heat and add 2 tsp. **olive oil**.
- Add **meatballs** to hot pan and cook on three sides until well-browned, 2-3 minutes per side.
- Transfer meatballs to a plate.
- Wipe pan clean and reserve.



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### Finish the Meatballs

- Return pan used to sear meatballs to medium heat and add 1 tsp. **olive oil**. Add **sliced mushrooms** and a pinch of **salt** to hot pan and cook undisturbed until browned on one side, 2-3 minutes.
- Add ½ cup **water, demi-glace**, and **meatballs and any accumulated juices** to hot pan. Stir occasionally until sauce is slightly thickened and meatballs reach a minimum internal temperature of 160 degrees, 3-5 minutes.
- Remove from burner and swirl in remaining **sour cream**.
- While meatballs cook, cook green beans.



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### Cook the Green Beans

- Place a large non-stick pan over medium-high heat and add 2 tsp. **olive oil**. Add **garlic** and cook, 30 seconds.
- Add **green beans** and cook, 1 minute.
- Add ¼ cup **water**, ¼ tsp. **salt**, and a pinch of **pepper**. Cover, and stir occasionally until green beans are tender, 4-6 minutes.
- *If green beans need more time, add 2 Tbsp. water and stir occasionally, 1-3 minutes.*
- Remove from burner.
- Plate dish as pictured on front of card. Bon appétit!