



In your box

- 1 Yellow Onion
- 4 tsp. Beef Demi-Glace
- 10 oz. Ground Beef
- 8 oz. Carrot
- 2 oz. Sour Cream
- .3 oz. Butter
- 2 fl. oz. Red Cooking Wine
- 2 oz. Ricotta
- 2 Russet Potatoes
- ¼ cup Italian Breadcrumbs



Beef Meatball Pot-au-Feu

with mashed potatoes

NUTRITION per serving—Calories: 805, Carbohydrates: 71g, Fat: 38g, Protein: 40g, Sodium: 1661mg.
Processed in a facility that also processes peanut, tree nut, wheat, egg, soy, milk, fish, and shellfish ingredients

Prep & Cook Time
40-50 min.

Cook Within
5 days

Difficulty Level ● ● ●
Intermediate

Spice Level ☐ ☐ ☐
Not Spicy

🕒 You will need

Olive Oil, Salt, Pepper

Small Pot, Colander, Mixing Bowl, Medium 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: **potato cooking water**



1

Make the Mashed Potatoes

- Peel and cut **potatoes** into chunks. Bring a small 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. Add **sour cream**, $\frac{1}{2}$ tsp. salt, and 2 Tbsp. remaining potato cooking water. Mash until desired consistency is reached, adding additional remaining potato cooking water 2 Tbsp. at a time if needed. Set aside.
- While potato boils, 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.



3

Make the Meatballs

- In a mixing bowl, combine **ground beef**, **breadcrumbs**, **ricotta**, and a pinch of **salt** and **pepper**.
- Form into eight 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.
- Remove 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 **carrots** and **onions** and stir often until lightly browned, 3-5 minutes.
- Add remaining **potato cooking water**, **demi-glace**, 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. Swirl in **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