



Carb Smart Beefy Borscht Inspired Stew

with Sour Cream and Chives

Carb Smart

35 Minutes



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CUSTOM RECIPE
This is a Custom Recipe. If you chose to double your protein, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Ground Beef
- Double Ground Beef
- Yellow Potato
- Red Cabbage, shredded
- Beet
- Mirepoix
- Chives
- Sour Cream
- Beef Stock Powder
- Tomato Sauce Base
- Cream Sauce Spice Blend
- Red Wine Vinegar
- Garlic Salt

HELLO BEETS

Mildly sweet and deeply colored, these root veggies bring delightful earthiness to any dish!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, medium bowl, measuring spoons, parchment paper, measuring cups, large pot, box grater

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Double Ground Beef	500 g	1000 g
Yellow Potato	200 g	400 g
Red Cabbage, shredded	226 g	452 g
Beet	113 g	226 g
Mirepoix	113 g	227 g
Chives	7 g	14 g
Sour Cream	6 tbsp	12 tbsp
Beef Stock Powder	2 tbsp	4 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Cream Sauce Spice Blend	1 tbsp	2 tbsp
Red Wine Vinegar	1 tbsp	2 tbsp
Garlic Salt	1 tsp	2 tsp
Sugar*	1 tsp	2 tsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep and roast potatoes

- Cut **potatoes** into ¼-inch pieces.
- Add **potatoes**, **½ tbsp** (1 tbsp) **oil** and **¼ tsp** (½ tsp) **garlic salt** to a parchment-lined baking sheet. Season with **pepper**, then toss to coat.
- Roast, in the **middle** of the oven, stirring halfway through, until tender and golden-brown, 16-20 min.



4 Start stew

- Reheat the same pot over medium.
- When hot, add **1 tbsp butter**. Swirl the pot until melted, 30 sec. Add **cabbage**, **beets** and **mirepoix**. Cook, stirring often until **veggies** are tender-crisp, 3-4 min.



2 Prep

- Finely chop **chives**.
- Peel, then grate **beets** on the largest side of a box grater. (**TIP:** We suggest using gloves when prepping beets!)



5 Finish stew

- Sprinkle **Cream Sauce Spice Blend** over top. Stir to coat.
- Add **beef**, **tomato sauce base**, **beef stock powder**, **vinegar**, **1 tsp** (2 tsp) **sugar** and **2 ½ cups** (4 cups) **water**.
- Bring to a simmer over high. Once simmering, reduce heat to medium-low.
- Cover and cook, stirring occasionally, until **veggies** are tender and **stew** has thickened slightly, 10-12 min.

For **double beef**, add an **extra 1 cup** (2 cups) **water** and **¼ tsp salt** to the **stew**, then cook it in the same way the recipe instructs you to cook the **regular portion of beef**.



3 Cook beef

- Heat a large pot over medium-high heat.
- When hot, add **½ tbsp** (1 tbsp) **oil**, then **beef**. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min. **
- Add **remaining garlic salt**. Stir to coat.
- Using a slotted spoon, transfer **beef** to a bowl. Discard fat.

If you've opted for **double the beef**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of beef**. Work in batches, if necessary.



6 Finish and serve

- Season **stew** with **salt** and **pepper**, to taste.
- Divide **stew** between bowls.
- Top **stew** with **roasted potatoes**.
- Dollop **sour cream** over top.
- Sprinkle **chives** over top.

Dinner Solved!



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