



One-Pot Southwest-Style Beef and Cavatappi

with Monterey Jack and Baby Spinach

Family Friendly 25-35 Minutes



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Ground Beef



Italian Sausage,
uncased



Cavatappi



Sweet Bell Pepper



Yellow Onion



Baby Spinach



Garlic, cloves



Crushed Tomatoes
with Garlic and
Onion



Tex-Mex Paste



Monterey Jack
Cheese, shredded



Beef Broth
Concentrate

CUSTOM RECIPE

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

HELLO SWEET BELL PEPPER

A sweet pepper is just a green pepper that has been left on the vine to ripen!

Start here

Before starting, wash and dry all produce.

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

Bust out

Measuring cups, measuring spoons, large pot

Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Italian Sausage, uncased	250 g	500 g
Cavatappi	170 g	340 g
Sweet Bell Pepper	1	1
Yellow Onion	1	2
Baby Spinach	28 g	56 g
Garlic, cloves	1	2
Crushed Tomatoes with Garlic and Onion	1	2
Tex-Mex Paste	1 tbsp	2 tbsp
Monterey Jack Cheese, shredded	½ cup	1 cup
Beef Broth Concentrate	1	2
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.



Prep

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Peel, then mince or grate **garlic**.



Cook peppers

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.
- Transfer **peppers** to a plate. Set aside.



Cook beef and onions

- Reheat the same pot over medium-high.
- When hot, add **beef** and **onions** to the dry pot. Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.**
- Carefully drain and discard excess fat, if desired.

If you've opted to get **sausage**, cook it in the same way the recipe instructs you to cook the **beef****



Cook cavatappi

- Add **Tex-Mex paste**, **garlic**, **crushed tomatoes**, **broth concentrate**, **3 ½ cups water** (6 ½ cups) and ½ **tsp** (1 **tsp**) **salt** to the pot with **beef and onions**.
- Stir to combine, then bring to boil over high.
- Once boiling, stir in **cavatappi** and reduce heat to medium. Simmer uncovered, stirring often to prevent sticking to the pot, until cavatappi is tender, 14-16 min. (**TIP**: If pasta is sticking too much, add more water, ¼ cup at a time. Scrape up any pieces that are stuck to the bottom of the pot.)



Finish cavatappi

- Add **peppers**, **spinach** and **half the cheese** to the pot with **cavatappi**. Cook, stirring often, until **spinach** wilts, 1-2 min.
- Season with **pepper**, to taste.



Finish and serve

- Divide **Southwest-style beef and cavatappi** between bowls.
- Sprinkle **remaining cheese** over top.

Dinner Solved!



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