



**GREEN
CHEF**

BEEF PATTIES WITH MUSHROOM GRAVY

Cheesy collards with roasted red peppers

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

950

NET CARBS PER SERVING

15 GRAMS

MENU

KETO // GLUTEN-FREE

Beef patties are long overdue for a gourmet revamp. Here, they've shed the typical bready buns for an ultra-savory fork-and-knife upgrade that just so happens to be keto and gluten-free. The meat is seasoned with a smoky mustard-celery blend, formed into patties, seared to develop a deep brown crust, then quickly roasted until juicy. These luxe patties are then blanketed in a buttery tangle of sautéed onion and mushrooms and served atop cheesy collard greens and roasted red peppers. Together, it's a total umami bomb that'll have you coming back bite after bite. That's right — step aside, ketchup and fries.

INGREDIENTS (8 ITEMS)

4 ¼ oz **Collard greens**
 4 oz **Cremini mushrooms**
 1 whole **Yellow onion**
 10 oz **Ground beef***
 2 tsp **Smoky mustard-celery blend**
 2 ¼ oz **Roasted red peppers**
 2 oz **Provolone cheese** **M**
 3 ½ oz **Seasoned mushroom broth** **T**

WHAT YOU'LL NEED

medium & large sauté pans
 medium bowl
 measuring spoons
 thermometer
 cooking oil
 2 tbsp butter **M**
 salt & pepper

ALLERGENS

M MILK
T TREE NUTS (coconut)



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.



Certified gluten-free by the Gluten Intolerance Group's Gluten-Free Safe Spot Program.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

*Ground beef is fully cooked when internal temperature reaches 160 degrees.

Wash and dry fresh produce. Wash hands and surfaces after handling raw meat. Consuming raw or undercooked meat may increase your risk of foodborne illness. Go to [greenchef.com/faq](https://www.greenchef.com/faq) for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1 PREP

- Remove and discard any thick center stems from **collard greens**. Roughly chop leaves into bite-size pieces.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ¼ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and cut lengthwise into strips, about ¼ inch thick.

COOKING FOR
4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2 SEASON BEEF & FORM PATTIES

- Place **ground beef** in a medium bowl. Season with about half of the **smoky mustard-celery blend** and about ¼ teaspoon salt. Mix thoroughly to evenly distribute seasonings.
- Form **beef** into two patties, about ½ inch thick.

3 COOK PATTIES

- Heat about 1 tablespoon cooking oil in a medium sauté pan over medium heat until shimmering. Once pan is hot, add **patties**. Sear 4-5 minutes on each side, or until patties are fully cooked (or to desired doneness).
- Transfer **patties** to a cutting board.

4 COOK COLLARDS

- Heat 2-3 tablespoons cooking oil in a large sauté pan over medium heat. Add **roasted red peppers** and about half of the **onion** to hot pan. Season with salt and pepper. Cook 3-4 minutes, or until onion is lightly browned, stirring occasionally.
- Reduce heat to medium-low. Add **collards** and about 3 tablespoons water. Season with remaining **smoky mustard-celery blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Cook 3-4 minutes, or until collards are tender, stirring occasionally.
- Remove from heat. Add **provolone cheese**. Stir to combine.

5 MAKE GRAVY

- Heat 2-3 tablespoons cooking oil in pan used for patties over medium-high heat. Add **mushrooms** and remaining **onion** to hot pan. Season with salt and pepper. Cook 4-6 minutes, or until mushrooms soften, stirring occasionally.
- Add **seasoned mushroom broth**. Simmer 4-5 minutes, or until gravy thickens, stirring occasionally.
- Remove from heat. Add 2 tablespoons butter. Stir until butters melts.

6 PLATE YOUR DISH

- Divide **cheesy collards with roasted red peppers** between plates. Serve **beef patties** atop collards. Spoon **mushroom gravy** over patties. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (502g)

Amount per serving

Calories 950

	% Daily Value*
Total Fat 81g	104%
Saturated Fat 27g	135%
Trans Fat 0g	
Cholesterol 145mg	48%
Sodium 1850mg	80%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 38g	
Vitamin D 0mcg	0%
Calcium 422mg	30%
Iron 5mg	30%
Potassium 603mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:
Ground Beef [beef], **Smoky Mustard-Celery Blend** (Sweet Paprika, Granulated Garlic, Onion Powder, Ground Coriander, Celery Seeds, Dried Mustard, Applewood-Smoked Sea Salt), **Cremini Mushrooms**, **Yellow Onion**, **Seasoned Mushroom Broth** (Coconut Aminos [organic coconut tree sap, sea salt], Mushroom Broth [water, organic mushrooms, sea salt, organic garlic], Apple Cider Vinegar [apple cider vinegar], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices]), **Collard Greens**, **Roasted Red Peppers** [bell pepper], **Provolone Cheese** [pasteurized milk, cheese cultures, salt, enzymes]

Allergen information:
Contains Milk And Tree Nuts

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.