



**GREEN
CHEF**

BEEFY FAJITA SOUP

peppers, lime, scallion, pepitas, Cholula sauce

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

800

NET CARBS PER SERVING

26 GRAMS

MENU

PALEO // GLUTEN-FREE

Love soup? Love fajitas? We combined both dishes into one! This flavorful paleo and gluten-free meal-in-a-bowl is brimming with everything you love about sizzling fajitas (minus the tortillas). There's sautéed onion and peppers and paprika-cumin-seasoned ground beef in a creamy coconut and enchilada-spiced broth. To finish, you'll douse your bowl with fresh lime juice, a sprinkle of scallion and toasted pepitas, and a drizzle of hot sauce.

INGREDIENTS (12 ITEMS)

1 whole	Yellow onion
1 unit	Green bell pepper
1 whole	Lime
¼ oz	Garlic
1 whole	Scallion
½ oz	Pepitas
2¼ oz	Roasted red peppers
10 oz	Ground beef*
1 tbsp	Paprika-cumin spice blend
5¼ oz	Enchilada sauce
5 oz	Coconut milk <small>T</small>
2 tsp	Cholula sauce

WHAT YOU'LL NEED

large pot
small bowl
measuring cup & spoons
microplane
cooking oil
1 tsp sweetener
salt & pepper

ALLERGENS

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 it's no longer pink.

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

- Cut ends off **yellow onion** and discard peel. Halve lengthwise. Lay flat and small dice into pieces, about ¼ inch each.
- Cut **green bell pepper*** lengthwise into strips, about ¼ inch thick. Halve strips widthwise.
- Zest half of the **lime** with a microplane (or on small holes of a box grater) over a small bowl. Quarter **lime**.
- Mince **garlic**.
- Trim and thinly slice **scallion**.

**The ingredient you received may be a different color.*

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

TOAST PEPITAS

- Place **pepitas** in a dry, large pot over medium heat. Toast 2-3 minutes, or until fragrant, shaking pot frequently.
- Transfer **pepitas** to a cutting board and allow to cool. Roughly chop.

3

START SOUP

- Heat about 1½ tablespoons cooking oil in pot used for pepitas over medium heat. Add **onion, bell pepper, roasted red peppers, and lime zest**. Season with about ¼ teaspoon salt and about ¼ teaspoon pepper. Cook 3-4 minutes, or until veggies begin to soften.
- Add **ground beef**. Season with **paprika-cumin spice blend**, about ¼ teaspoon salt, and about ¼ teaspoon pepper. Cook 4-5 minutes, or until fully cooked, breaking up **beef** into pieces.

4

ADD GARLIC & ENCHILADA SAUCE

- Add **garlic** and **enchilada sauce** to pot. Drizzle with about 1 tablespoon cooking oil. Season with 1 teaspoon of your preferred sweetener, about ¼ teaspoon salt, and a pinch of pepper. Cook 2-4 minutes, or until garlic is fragrant, stirring occasionally.

5

FINISH SOUP

- Add **coconut milk** and 1 cup water to pot. Season with about ¼ teaspoon salt and a pinch of pepper. Stir to combine. Reduce heat to medium low. Simmer about 5 minutes, or until flavors meld, stirring occasionally.

6

PLATE YOUR DISH

- Divide **beefy fajita soup** between bowls. Squeeze juice from 1-2 **lime wedges** over each bowl. Sprinkle with **scallion** and **pepitas**. Drizzle with **Cholula sauce** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (569g)

Amount per serving

Calories 800

	% Daily Value*
Total Fat 62g	79%
Saturated Fat 26g	130%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 1580mg	69%
Total Carbohydrate 33g	12%
Dietary Fiber 7g	25%
Total Sugars 13g	
Includes 2g Added Sugars	4%
Protein 34g	
Vitamin D 0mcg	0%
Calcium 112mg	8%
Iron 6mg	35%
Potassium 713mg	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], **Bell Peppers**, **Coconut Milk** [coconut milk], **Yellow Onion**, **Pepitas** [pumpkin seed kernels], **Garlic**, **Lime**, **Scallions**, **Roasted Red Peppers** [bell pepper], **Cholula Sauce** [water, peppers (arbol & piquin), salt, vinegar, garlic powder, spices, xanthan gum], **Enchilada Sauce** (Diced Tomatoes [organic tomatoes, organic tomato juice, sea salt, calcium chloride, citric acid], Garlic, Red Onions, Dried Mustard, Black Pepper, Chili Powder, Ground Tomatoes [organic tomatoes, organic tomato puree, sea salt, citric acid], Apple Cider Vinegar [apple cider vinegar], Lime Juice [lime], Ground Cumin, Ground Coriander, Tomato Paste [vine ripened organic tomatoes]), **Paprika-Cumin Spice Blend** (Smoked Paprika, Sweet Paprika, Nutritional Yeast [dried yeast, niacin, pyridoxine hydrochloride (B6), riboflavin (B2), thiamin hydrochloride (B1), folic acid, vitamin B12], Ground Cumin, Dried Oregano, Ground Coriander, Granulated Garlic)

Allergen information:

Contains 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.

