



CREAMY BEEF & MUSHROOMS

spaghetti squash noodles, scallion, red pepper flakes

COOK TIME 30 MIN	SERVINGS 2	CALORIES PER SERVING 760	NET CARBS PER SERVING 20 GRAMS	MENU KETO // GLUTEN-FREE
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This keto-friendly take on creamy beef stroganoff is the perfect remedy for chilly evenings. Spaghetti squash is roasted, cut side down—a time-saving technique that yields tender, noodly strands. It's topped with a rich pan sauce made with ground beef, cremini mushrooms, cream cheese, Worcestershire sauce, and butter. A sprinkle of scallion gives the dish fresh, bright notes, while red pepper flakes add a touch of heat.

INGREDIENTS (9 ITEMS)

17½ oz	Spaghetti squash
4 oz	Cremini mushrooms
1 whole	Yellow onion
1 whole	Scallion
10 oz	Ground beef*
1 oz	Cream cheese <small>M</small>
1 oz	Keto-friendly Worcestershire sauce <small>F T</small>
1½ tsp	Sweet & smoky paprika
½ tsp	Crushed red pepper flakes

WHAT YOU'LL NEED

medium sauté pan
baking sheet
mixing bowls
measuring cup & spoons
oven mitt
cooking oil
3 tbsp butter M
salt & pepper

ALLERGENS

- M MILK
- F FISH (anchovies)
- T TREE NUTS (coconut)

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

Validate
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 SEASON & ROAST SQUASH

- Preheat oven to 425 degrees.
- Halve **spaghetti squash** if necessary. Remove seeds with a spoon. Drizzle insides with 1-2 tablespoons cooking oil. Season insides with about ¼ teaspoon salt and a pinch of pepper. Rub to coat.
- Place **squash**, cut sides down, on a lightly oiled, foil-lined baking sheet. Roast 25-30 minutes, or until squash strands easily separate when pierced with a fork.

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 PREP

- Place 3 tablespoons butter in a small bowl. Let sit at least 5 minutes to bring butter to room temperature.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Quarter **mushrooms**.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Thinly slice **scallion**; discard root end.

3 COOK VEGGIES, BEEF & SAUCE

- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **mushrooms** and **onion** to hot pan. Lightly season with salt and pepper. Cook 3-5 minutes, or until mushrooms soften, stirring occasionally.
- Add **ground beef**. Season with about ½ teaspoon salt and about ¼ teaspoon pepper. Cook 5-7 minutes, or until fully cooked, breaking up **beef** into pieces.
- Add **cream cheese**, **keto-friendly Worcestershire sauce**, about 1 tablespoon softened butter, and about ½ cup water. Season with **sweet and smoky paprika**. Stir to combine. Cook 3-4 minutes, or until cream cheese is incorporated and sauce has slightly thickened, stirring occasionally. Season with salt and pepper to taste.

4 MAKE SQUASH NOODLES

- Separate **squash strands** from peel with a fork to create **squash noodles**.*

**We recommend using tongs or an oven mitt to hold the spaghetti squash while it's hot.*

5 SEASON SQUASH NOODLES

- Transfer **squash noodles** to a medium bowl. Add remaining softened butter and about half of the **scallion**. Stir until butter is melted. Season with salt and pepper to taste.*

**Taste the squash noodles after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious final product.*

6 PLATE YOUR DISH

- Divide **spaghetti squash noodles** between plates. Top with **creamy beef and mushrooms**. Sprinkle with remaining **scallion** and **crushed red pepper flakes** to taste (or omit). Enjoy!



Nutrition Facts

2 Servings per container

Serving size (503g)

Amount per serving

Calories **760**

	% Daily Value*
Total Fat 61g	78%
Saturated Fat 23g	115%
Trans Fat 0.5g	
Cholesterol 145mg	48%
Sodium 1380mg	60%
Total Carbohydrate 24g	9%
Dietary Fiber 4g	14%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 32g	
Vitamin D 0mcg	0%
Calcium 149mg	10%
Iron 5mg	30%
Potassium 626mg	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], **Cremini Mushrooms**, **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Yellow Onion**, **Spaghetti Squash**, **Scallions**, **Crushed Red Pepper Flakes**, **Sweet & Smoky Paprika** (Sweet Paprika, Smoked Paprika), **Worcestershire Sauce** (Granulated Garlic, Onion Powder, Fish Sauce [anchovy, sea salt], Water, Coconut Nectar [coconut tree sap], Dried Mustard, Apple Cider Vinegar [apple cider vinegar], Ground Cloves, Coconut Aminos [organic coconut tree sap, sea salt], Ascorbic Acid [ascorbic acid])

Allergen information:

Contains Tree Nuts, Fish And Milk

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.