



# CHEESY BEEF WITH MUSHROOMS

*sautéed zucchini, artichokes, red peppers & almonds*

|                            |                      |                                    |                                          |                                                  |
|----------------------------|----------------------|------------------------------------|------------------------------------------|--------------------------------------------------|
| <b>COOK TIME</b><br>15 MIN | <b>SERVINGS</b><br>2 | <b>CALORIES PER SERVING</b><br>690 | <b>NET CARBS PER SERVING</b><br>14 GRAMS | <b>MENU</b><br>KETO // GLUTEN-FREE // FAST & FIT |
|----------------------------|----------------------|------------------------------------|------------------------------------------|--------------------------------------------------|

For this luxurious keto-friendly dinner, ground beef gets the steak treatment. It's browned with mushrooms for umami flavor and a smoky mustard-celery blend for aromatic complexity, then simmered in a rich au poivre sauce (think cream, Dijon, sea salt, and black pepper) and coated in melty mozzarella. A side of zucchini, artichokes, and roasted red peppers—studded with almonds for crunch—completes the French-inspired meal.

## INGREDIENTS (10 ITEMS)

|         |                                                   |
|---------|---------------------------------------------------|
| 1 whole | <b>Zucchini</b>                                   |
| 1¼ oz   | <b>Artichoke hearts</b>                           |
| ½ oz    | <b>Roasted almonds</b> <small>T</small>           |
| 4 oz    | <b>Cremini mushrooms</b>                          |
| 1 whole | <b>Yellow onion</b>                               |
| 1 oz    | <b>Roasted red peppers</b>                        |
| 10 oz   | <b>Ground beef*</b>                               |
| 1½ tsp  | <b>Smoky mustard-celery blend</b>                 |
| 2¼ oz   | <b>Vegetable au poivre sauce</b> <small>M</small> |
| 2 oz    | <b>Mozzarella cheese</b> <small>M</small>         |

## WHAT YOU'LL NEED

medium & large sauté pans  
measuring spoons  
cooking oil  
salt & pepper

## ALLERGENS

- T TREE NUTS (almonds)
- M MILK



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**

- Trim ends off **zucchini\***; discard. Halve lengthwise. Lay flat and slice across into half-moons, about ¼ inch thick.
- Roughly chop **artichoke hearts**.
- Roughly chop **roasted almonds**.
- Wipe **cremini mushrooms** clean with damp paper towels. Remove stems if desired. Cut into slices, about ½ inch thick.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Medium dice remaining half into pieces, about ½ inch each.

*\*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

**COOK ZUCCHINI & ARTICHOKES**

- Heat 1 tablespoon cooking oil in a medium sauté pan over medium heat. Add **zucchini** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook about 2 minutes, stirring occasionally.
- Add **artichokes**, **roasted red peppers**, and **almonds**. Season with salt and pepper. Cook 2-3 minutes, or until zucchini is tender, stirring occasionally.

3

**COOK MUSHROOMS**

- Heat 1 tablespoon cooking oil in a large sauté pan over medium-high heat. Add **mushrooms** and **onion** to hot pan. Season with ¼ teaspoon salt and a pinch of pepper. Cook 3-4 minutes, or until onion is translucent, stirring occasionally.

4

**ADD BEEF**

- Reduce heat on pan with **mushrooms** to medium. Move **mushrooms** to sides of pan.
- Add 1 tablespoon cooking oil to center of pan. Add **ground beef**. Season with **smoky mustard-celery blend**. Break up **beef** into pieces. Stir to combine with **mushrooms**. Cook 2-3 minutes, or until beef begins to brown.

5

**ADD SAUCE & CHEESE**

- Add **vegetable au poivre sauce** to pan with **beef and mushrooms**. Simmer 2-3 minutes, or until beef is fully cooked and sauce has slightly thickened, stirring occasionally.
- Remove from heat. Sprinkle **mozzarella cheese** over pan. Stir until cheese melts.

6

**PLATE YOUR DISH**

- Divide **cheesy beef with mushrooms** between plates. Serve **sautéed zucchini, artichokes, red peppers, and almonds** on the side. Enjoy!



## Nutrition Facts

2 Servings per container

**Serving size** (493g)

**Amount per serving**

**Calories** 690

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 54g          | 69%            |
| Saturated Fat 16g             | 80%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 120mg      | 40%            |
| <b>Sodium</b> 1750mg          | 76%            |
| <b>Total Carbohydrate</b> 18g | 7%             |
| Dietary Fiber 4g              | 14%            |
| Total Sugars 7g               |                |
| Includes 0g Added Sugars      | 0%             |
| <b>Protein</b> 38g            |                |
| Vitamin D 0mcg                | 0%             |
| Calcium 308mg                 | 25%            |
| Iron 5mg                      | 30%            |
| Potassium 763mg               | 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**, **Zucchini**, **Roasted Red Peppers** [bell pepper], **Artichoke Hearts** [hearts of artichokes, water, salt, citric acid], **Almonds** [almonds], **Yellow Onion**, **Mozzarella Cheese** [part-skim milk, cheese cultures, salt, enzymes, anti caking agent (potato starch powdered cellulose, natamycin)], **Seasoned Vegetable Broth** (Vegetable Broth [water, organic carrots, organic onions, organic celery, organic tomatoes, organic tomato paste, organic garlic, organic leeks, organic cane sugar, sea salt, organic bay leaves, organic parsley, organic thyme, organic molasses, organic carrot powder, organic onion powder, organic spices, organic expeller pressed canola and/or safflower and/or sunflower oil, organic flavoring, organic spices, organic potato flour, organic expeller pressed canola and/or safflower and/or sunflower oil], Dijon Mustard [water, organic mustard seeds, organic vinegar, salt, organic turmeric, organic spices], Whipping Cream [organic grade A cream (milk), carrageenan], Sea Salt, Black Pepper, Ascorbic Acid [ascorbic acid])

### 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.*