



**GREEN
CHEF**

MIDDLE EASTERN BEEF & SWEET POTATO BOWLS

zucchini, tomato, spiced crema, feta cheese

COOK TIME

25 MIN

SERVINGS

2

CALORIES PER SERVING

670

MENU

GLUTEN-FREE // FAST & FIT

A spicy cumin-allspice blend, savory sautéed onion, and rich tomato paste deliver Middle Eastern flavors in tonight's beef bowls. After the ground beef is infused with spices, you'll add zucchini and Roma tomato to the pan and cook until they're just tender. Spoon the beef and veggies over sweet potatoes roasted in the same blend of cumin and allspice. A sprinkle of feta cheese and a drizzle of spiced crema finish off these hearty bowls.

INGREDIENTS (10 ITEMS)

10¼ oz **Sweet potatoes**
1¾ tsp **Spicy cumin-allspice blend**
1 whole **Yellow onion**
1 whole **Zucchini**
1 whole **Roma tomato**
1 oz **Sour cream** M
10 oz **Ground beef***
1½ oz **Tomato paste**
1 whole **Vegetable stock concentrate**
2 oz **Feta cheese** M

WHAT YOU'LL NEED

large sauté pan
baking sheet
mixing bowls
measuring cup & spoons
oven mitt
cooking oil
salt & pepper

ALLERGENS

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 SEASON & ROAST SWEET POTATOES

- Preheat oven to 425 degrees.
- Place **sweet potatoes** in a large bowl. Drizzle with ½ tablespoon cooking oil. Season with salt, pepper, and half the **spicy cumin-allspice blend**. Toss to coat.
- Spread **sweet potatoes** out in a single layer on a lightly oiled, foil-lined baking sheet. Roast 20-22 minutes, or until fork-tender, stirring halfway through.

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

- 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.
- Trim and quarter **zucchini*** lengthwise; slice crosswise into quarter-moons, about ¼ inch thick.
- Medium dice **Roma tomato** into pieces, about ½ inch each.

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

3 MAKE CREMA

- Place **sour cream** in a small bowl. Add a pinch of the **spicy cumin-allspice blend**. Stir to combine.
- Add water 1 teaspoon at a time until mixture reaches a drizzling consistency. Season with salt and pepper to taste.

4 START SKILLET

- Heat 1 tablespoon cooking oil in a large sauté pan over medium heat. Add **onion**. Cook 2-3 minutes, or until just softened, stirring occasionally.
- Add **ground beef**, **tomato paste**, **vegetable stock concentrate**, and ¼ cup water to pan. Season with remaining **spicy cumin-allspice blend**, salt, and a pinch of pepper. Cook 3-4 minutes, or until well combined, breaking up **beef** into pieces.*

**If the pan seems dry, add a splash of water.*

5 FINISH SKILLET

- Add **zucchini** to pan. Cook 2-3 minutes or until beef is fully cooked and veggies are tender, stirring occasionally. Remove from heat.
- Add **tomato**. Stir to combine. Season with salt and pepper to taste.

6 PLATE YOUR DISH

- Divide **sweet potatoes** between bowls. Top with **beef and vegetable mixture**. Drizzle with **spiced crema**. Garnish with **feta cheese**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (521g)

Amount per serving

Calories 670

	% Daily Value*
Total Fat 40g	51%
Saturated Fat 15g	75%
Trans Fat 1g	
Cholesterol 125mg	42%
Sodium 680mg	30%
Total Carbohydrate 39g	14%
Dietary Fiber 6g	21%
Total Sugars 14g	
Includes 1g Added Sugars	2%
Protein 35g	
Vitamin D 0mcg	0%
Calcium 250mg	20%
Iron 4 mg	20%
Potassium 1555mg	35%

* 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], Yellow Onion, Roma Tomatoes, Zucchini, Sweet Potatoes, Feta Cheese [pasteurized milk, cheese cultures, salt, enzymes, anti-caking agent (potato starch, powdered cellulose, natamycin)], Vegetable Stock Concentrate [vegetable juice concentrates (tomato, mushroom, onion, carrot , celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], Tomato Paste [tomato paste, citric acid], Sour Cream [cultured cream], Spicy Cumin-Allspice Blend (Ground Cumin, Granulated Garlic, Onion Powder, Ground Coriander, Ground Cayenne Pepper, Allspice [pimento])

Allergen information:
Contains 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.