



FALL'S FINEST

**GREEN
CHEF**

BEEF TENDERLOIN WITH POT ROAST GRAVY

garlic mashed potatoes, sautéed green beans

COOK TIME

30 MIN

SERVINGS

2

CALORIES PER SERVING

790

This meal has all the cozy flavors of a pot roast, without the long cooking time. To start off, you'll season beef tenderloins with an oregano-garlic blend, then sear them until they're charred on the outside and tender on the inside. Using the same pan, you'll make a warming gravy. On the side, there's the ultimate seasonal duo: green beans with almonds and mashed potatoes with sour cream, butter, and garlic. This quick autumnal meal is ready for you to curl up and dig right in.

INGREDIENTS (10 ITEMS)

12 oz **Yellow potatoes**
6 oz **Green beans**
1 whole **Scallion**
½ oz **Roasted almonds** ^T
2 (5 oz) **Beef tenderloins***
1½ tsp **Oregano-garlic seasoning**
1 oz **Sour cream** ^M
½ tsp **Granulated garlic**
1 tbsp **Flour** ^W
2 whole **Mushroom stock concentrates**

WHAT YOU'LL NEED

large pot with lid
2 medium sauté pans
measuring cup & spoons
whisk
strainer
potato masher
thermometer
cooking oil
2 tbsp butter ^M
salt & pepper

ALLERGENS

^T TREE NUTS (almonds)

^M MILK

^W WHEAT



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

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

*Beef is fully cooked when internal temperature reaches 145°.

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 START PREP & COOK POTATOES

- Medium dice **yellow potatoes*** into pieces, about ½ inch each.
- Place **potatoes** in a large pot. Cover with 3 cups cold, lightly salted water. Cover pot with lid. Bring to a boil over high heat. Cook 12-13 minutes, or until fork-tender.
- Reserve about ¼ cup **potato cooking liquid**. Strain **potatoes**; shake off excess water. Return to pot. (You'll finish the potatoes in Step 5.)

**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 FINISH PREP

- Trim stem ends off **green beans**. Halve widthwise.
- Trim and thinly slice **scallion**, separating whites from greens.
- Roughly chop **roasted almonds**.

3 SEASON & SEAR BEEF

- Pat **beef tenderloins** dry with paper towels. Season with **oregano-garlic seasoning**, salt, and pepper.
- Heat about 1½ tablespoons cooking oil in a medium sauté pan over medium heat. Add **beef** to hot pan. Sear 4-6 minutes on each side, or until fully cooked (or to desired doneness).
- Transfer **beef** to a cutting board. Let rest for at least 3 minutes. (Reserve pan.)

4 SAUTÉ GREEN BEANS

- In a second medium sauté pan, heat about 1½ tablespoons cooking oil over medium-high heat. Add **green beans** and **scallion whites** to hot pan. Season with salt and pepper. Cook 4-5 minutes, or until tender, stirring occasionally.
- Remove from heat. Add **almonds**. Stir to combine.

5 FINISH POTATOES

- Mash **potatoes** with a potato masher (or fork) until smooth.
- Add **sour cream**, **granulated garlic**, reserved **potato cooking liquid**, and 1 tablespoon butter. Season with ¼ teaspoon salt and a pinch of pepper. Stir to combine.

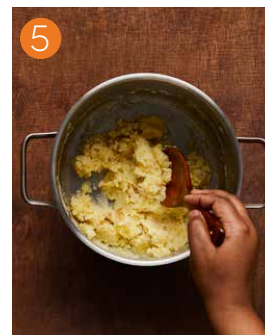
6 MAKE GRAVY

- Melt 1 tablespoon butter in pan used for beef over medium heat. Sprinkle half the **flour** over butter (reserve remaining flour for another use). Cook 1-2 minutes, or until flour is lightly browned, stirring frequently and scraping the bottom of the pan.*
- Add **mushroom stock concentrates** and about ½ cup water. Whisk to combine. Cook 2-3 minutes, or until gravy has thickened, stirring occasionally.
- Remove from heat. Season with salt and pepper to taste.

**Be sure to scrape up any browned bits on the bottom of the pan as you stir—those unassuming specks are full of concentrated flavor and will give additional richness to your gravy.*

7 PLATE YOUR DISH

- Cut **beef tenderloins** against the grain into 6-8 slices each.
- Divide **garlic mashed potatoes** and **green beans** between plates. Shingle **beef** next to mashed potatoes. Spoon **gravy** over beef. Garnish with **scallion greens**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (476g)

Amount per serving

Calories 790

	% Daily Value*
Total Fat 51g	65%
Saturated Fat 16g	80%
Trans Fat 0g	
Cholesterol 130mg	43%
Sodium 890mg	39%
Total Carbohydrate 45g	16%
Dietary Fiber 9g	32%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 36g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 8mg	45%
Potassium 1582mg	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: Beef Tenderloin [beef], Yellow Potatoes, Sour Cream [cultured cream], Scallions, Almonds [almonds], Green Beans, Mushroom Stock Concentrate [mushroom juice concentrate, maltodextrin, salt, natural flavor, sugar, yeast extract, and xanthan gum], Granulated Garlic, Oregano-Garlic Seasoning (Dried Oregano, Granulated Garlic, Onion Powder, Dried Parsley), All-Purpose Flour [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid]

Allergen information:
Contains Wheat, Tree Nuts 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.