



Bolognese Bucatini with Kale

ingredients | Classic (Family)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Bucatini Pasta | 4.25 oz. (8.5)

Garlic | 1 ½ tsp. (1 Tbsp.)

Sausage Crumbles | ½ cup (1)

Veggie Mix #1

Carrots | 1 Tbsp. (2)

Celery | 2 Tbsp. (¼ cup)

Onion Slices | ¼ cup (½)

Veggie Mix #2

Tomato Dices | 2 Tbsp. (¼ cup)

Kale | ¼ cup (½)

Chef's Choice Seasoning | ¼ tsp. (½)

Italian Seasoning | 1 tsp. (2)

Tomato Sauce Mix | 2 ½ Tbsp. (⅓ cup)

Parmesan Cheese | 2 ½ Tbsp. (⅓ cup)

Balsamic Glaze | 1 oz. (1)

grab from your pantry

Butter or Oil | 1 Tbsp. (2)

17 minutes

AS PREPARED
370 CALS / FATS 15G / PROTEIN 13G / SODIUM 630MG

What's on the Box?

Check your box for the **CLASSIC** or **FAMILY** icon. Family measurements are in *orange*.

kitchen gadgets: Large pot, large sauté pan.



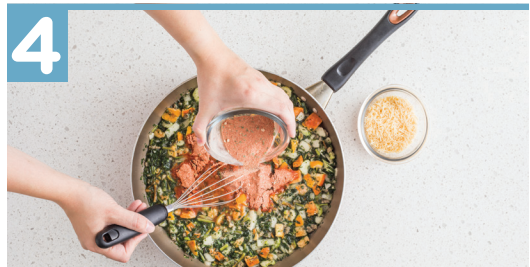
See note above! In a large pot, bring 6 (8) cups of **water** to a boil. Add the **bucatini pasta** and cook for 9-10 minutes or until tender. Strain and set aside.



Measure out 1 $\frac{3}{4}$ (3 $\frac{1}{4}$) cups of **water** and set aside. In a large sauté pan, add 1 (2) tablespoon of **butter or oil** and sauté the **garlic, sausage, onions** and **veggie mix #1** on medium heat until aromatic (10-30 seconds). Add premeasured water and bring to a simmer. Simmer for 3-4 minutes.



Add in **veggie mix #2, Chef's Choice seasoning**, and **Italian seasoning** and simmer for an additional 2 minutes.



Whisk in the **tomato sauce mix** and **parmesan cheese**. Simmer for an additional 2-3 minutes.



Add the bucatini and stir to combine. Top with **balsamic glaze** to taste. Enjoy!



Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Nutrition Facts

6 servings per container

Serving size 1 cup (79g)

Amount per serving

Calories 330

% Daily Value*

Total Fat 10g 13%

Saturated Fat 4g 20%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 630mg 27%

Total Carbohydrate 45g 16%

Dietary Fiber 1g 4%

Total Sugars 9g

Includes 1g Added Sugars 2%

Protein 13g

Vitamin D 0mcg 0%

Calcium 161mg 10%

Iron 2mg 10%

Potassium 394mg 8%

*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.

Nutrition Facts

3 servings per container

Serving size 1 cup (80g)

Calories

Per Serving

330

Per Box

990

% DV*

% DV*

Total Fat

10g 13%

31g 40%

Saturated Fat

4g 20%

12g 60%

Trans Fat

0g

0.5g

Cholesterol

25mg 8%

75mg 25%

Sodium

640mg 28%

1910mg 83%

Total Carb.

45g 16%

135g 49%

Dietary Fiber

1g 4%

4g 14%

Total Sugars

9g

26g

Incl. Added Sugars

1g 2%

4g 8%

Protein

14g

40g

Vitamin D

0mcg 0%

1mcg 6%

Calcium

168mg 15%

501mg 40%

Iron

3mg 15%

8mg 45%

Potassium

406mg 8%

1212mg 25%

*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.

INGREDIENTS: BUCATINI PASTA (DURUM WHEAT SEMOLINA, NIACIN, FERROUS LACTATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FREEZE DRIED SAUSAGE CRUMBLES COOKED PORK* (PORK, SALT, SUGAR, SPICES), THRIVE TOMATO SAUCE POWDER (TOMATO POWDER, MODIFIED FOOD STARCH, SUGAR, WHEY, CREAM, SALT, GARLIC, ONION POWDER, NONFAT DRY MILK, SPICES, CARROT POWDER, DEXTROSE, ONION, MALTODEXTRIN, CHIVES, NATURAL FLAVOR, RED ONION, CITRIC ACID), PARMESAN CHEESE* (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), BALSAMIC GLAZE (BALSAMIC VINEGAR OF MODENA [WINE VINEGAR, CONCENTRATED GRAPE MUST, CAMEL COLOR], GLUCOSE SYRUP, SUGAR, MODIFIED CORN STARCH, DEXTROSE, XANTHAN GUM), DEHYDRATED CARROTS, DEHYDRATED MINCED GARLIC, ONION SLICES*, CELERY*, KALE*, TOMATOES*, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), SPICES*.

*FREEZE DRIED

CONTAINS: WHEAT, MILK.

Distributed by: Thrive Life®

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