



## Cottage Pie

ingredients | Classic (Family)

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

### grab from your box

**Colby Jack Cheese** | ¼ cup (½)

**Loaded Mashed Potato Blend** |  
1 ½ cups (3)

**Garlic** | 1 ½ tsp. (1 Tbsp.)

**Ground Beef** | ½ cup (1)

**Chopped Onions** | 2 ½ Tbsp. (⅓ cup)

### Veggie Mix

**Green Beans** | ¼ cup (½)

**Green Onions** | 2 ½ Tbsp. (⅓ cup)

**Sweet Corn** | ¼ cup (½)

**Mushrooms** | 2 ½ Tbsp. (⅓ cup)

### Seasoning Blend

**Tomato Powder** | 1 Tbsp. (2)

**Italian Seasoning** | 1 ½ tsp. (1 Tbsp.)

**Espagnole** | 2 Tbsp. (¼ cup)

### grab from your pantry

**Butter** (optional) | 1 Tbsp. (2)

**Butter or Oil** | 1 ½ tsp. (1 Tbsp.)

**Salt** | 1/2 tsp. (1)

**35 minutes**

AS PREPARED

**320 CALS / FATS 14G / PROTEIN 16G / SODIUM 480MG\***

\*For lower sodium, use less salt and espagnole.

## What's on the Box?

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

**kitchen gadgets:** Medium sauce pot, medium sauté pan, bread pan (8×8 pan)



See note above! Refresh the **colby jack cheese** with 2 tsp. (1 ½ Tbsp.) of **water** and set aside. in a small container with a lid. Tumble and set aside. Allow to soften by tumbling every few minutes.



Make the loaded mashed potatoes by bringing 1 ½ (3) cups of premeasured **water** and 1 (2) Tbsp. **butter** to a simmer. Remove from heat. Add in **loaded mashed potato blend** and ½ (1) tsp. of **salt** and whisk until thick and smooth. Set aside.



Preheat oven to 400 degrees. Measure 1 ½ (2 ¾) cups of **water**. In a medium sauté pan, add 1 ½ tsp. (1 Tbsp.) of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10-30 seconds).



Add **water** to deglaze, and then add **ground beef, veggie mix, onions, and seasoning blend**. Bring to a simmer and simmer 3-4 minutes.



Stir in the **espagnole sauce mix** and simmer on low 2-3 more minutes. Remove from heat and allow to rest slightly before assembling.



In a bread pan (8×8 pan), spread ground beef mixture to cover the bottom of the pan. Top with loaded mashed potatoes and spread with a spoon. Sprinkle the cheese on top. Bake in the oven for 13-15 minutes, or until bubbly and slightly brown.



## Wasn't that simple?

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



# Nutrition Facts

3 servings per container

**Serving size** **1 cup (69g)**

	Per Serving		Per Box	
	<b>320</b>		<b>980</b>	
	% DV*		% DV*	
<b>Calories</b>				
<b>Total Fat</b>	14g	<b>18%</b>	43g	<b>55%</b>
Saturated Fat	7g	<b>35%</b>	21g	<b>105%</b>
Trans Fat	0g		0g	
<b>Cholesterol</b>	45mg	<b>15%</b>	140mg	<b>47%</b>
<b>Sodium</b>	480mg	<b>21%</b>	1480mg	<b>64%</b>
<b>Total Carb.</b>	32g	<b>12%</b>	100g	<b>36%</b>
Dietary Fiber	3g	<b>11%</b>	11g	<b>39%</b>
Total Sugars	6g		20g	
Incl. Added Sugars	0g	<b>0%</b>	1g	<b>2%</b>
<b>Protein</b>	16g		51g	
Vitamin D	1mcg	6%	2mcg	10%
Calcium	240mg	20%	744mg	60%
Iron	2mg	10%	5mg	30%
Potassium	648mg	15%	2009mg	45%

\*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

6 servings per container

**Serving size** **1 cup (69g)**

**Amount per serving**  
**Calories** **320**

% Daily Value\*

<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 480mg	<b>21%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 16g	
Vitamin D 1mcg	6%
Calcium 240mg	20%
Iron 2mg	10%
Potassium 648mg	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.

**INGREDIENTS: LOADED MASHED POTATOES BLEND** (POTATO FLAKES, CREAM POWDER [CREAM, WHEY SOLIDS, NONFAT DRY MILK, CORN SYRUP SOLIDS, SALTS], FREEZE DRIED SHREDDED CHEDDAR CHEESE\* [CULTURED PASTEURIZED MILK, SALT, ENZYMES, ANNATTO COLOR], INSTANT MILK [NONFAT MILK SOLIDS, VITAMIN A PALMITATE, VITAMIN D3], CHEESE POWDER [WHEY SOLIDS, MALTODEXTRIN, MILK FAT, SALT, BUTTERMILK, CHEDDAR CHEESE {PASTEURIZED MILK, CULTURES, ENZYMES}, MODIFIED FOOD STARCH, XANTHAN GUM, NATURAL FLAVORING, ANNATTO COLORING], GARLIC, GREEN ONIONS, PEPPERCORN BELL PEPPER BLEND [SPICES, RED AND GREEN DEHYDRATED BELL PEPPER], BASIL), **COOKED SEASONED GROUND BEEF PATTY CRUMBLE\*** (BEEF, LESS THAN 2% VEGETABLE PROTEIN [PEA PROTEIN ISOLATE, PEA PROTEIN], SALT, NATURAL FLAVORS, GRILL FLAVOR, [NATURAL FLAVOR {FROM SUNFLOWER OIL, GUM ARABIC}], SPICE), **COLBY JACK CHEESE\*** (PASTEURIZED MILK, CHEESE CULTURES, ANNATTO COLOR, SALT, ENZYMES), **ESPAÑOLE SAUCE POWDER** (MALTODEXTRIN, MODIFIED FOOD STARCH, SALT, TOMATO POWDER, CREAM, SUGAR, WHEY, BEEF POWDER, BEEF FAT, BEEF FLAVOR, GARLIC, ONION POWDER, BEEF STOCK, NATURAL FLAVOR, NONFAT MILK, SPICES), **CORN\***, **TOMATO POWDER**, **DRIED GARLIC**, **GREEN BEANS\***, **ONIONS\***, **MUSHROOMS\***, **GREEN ONIONS\***, **SPICES\***.

\*FREEZE DRIED

**CONTAINS: MILK.**

**Distributed by:** Thrive Life®  
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