

Chicken Bolognese & Gnocchi with Steamed Veggies

ingredients | 2 person (4 person)

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

grab from your box

Mashed Potatoes | ½ cup (1) Scrambled Egg Mix | 1 Tbsp. (2) Italian Seasoning | ½ Tbsp. (1) Garlic | ½ Tbsp. (1) Veggie Mix #1 Carrot Dices | ½ Tbsp. (1) Kale | 1 Tbsp. (2) Tomato Dices | 2 Tbsp. (¼ cup) Onion Slices | 2 ½ Tbsp. (⅓ cup) Seasoned Chicken Slices | ½ cup (1) Tomato Sauce with Cheese

Tomato Sauce Mix | 2 ½ Tbsp. (½ cup) Parmesan Cheese | ¼ cup (½)

Seasoned Veggie Mix #2

Red Bell Peppers | ½ cup (1) Broccoli | ½ cup (1) Onion Slices | ½ cup (1) Cauliflower | ½ cup (1) Chef's Choice Seasoning | ¼ tsp. (½)

grab from your pantry

 Butter | 1 tbsp (2)

 Butter or Oil | ½ Tbsp. (1)

 Flour of your choice | ¾ cup (1 ½)

 Salt | ½ tsp. (¼)

380 CALS / FATS 12G / PROTEIN 19G / SODIUM 820MG



30 minutes **allergens:** Dairy, Egg Pantry items not included kitchen gadgets: Large pot, large sauté pan, strainer, bowl, rolling pin.

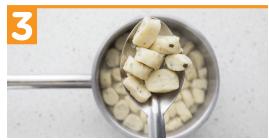


Cooking for 4: Measurements for a four (4) person meal are in parentheses.

To make gnocchi, add the **mashed potatoes**, scrambled egg mix, ³/₄ (1 ¹/₂) cup flour, Italian seasoning and ¹/₈ (¹/₄) teaspoon salt in a bowl and add ¹/₂ cup plus 2 Tablespoons (1 ¹/₄ cups) of water. Mix with a heavy spoon until a smooth dough forms. Roll gnocchi dough into ropes about ¹/₂ inch thick. Dust with additional flour to prevent sticking.



Cut gnocchi into $\frac{1}{2}$ to 1 inch pieces. Place on a pan with parchment or wax paper separated from each other to prevent sticking.



In a medium sauce pan, bring 6 (8) cups of **water** to a boil. Add gnocchi and boil for about 3-4 minutes or until set. Remove from pot with small strainer or slotted spoon and set aside.



Add **chicken slices, veggie mix #1**, and **onion slices** and bring to a simmer. Simmer for about 5 minutes. Add **tomato sauce with cheese** and simmer an additional 3 minutes. Add in cooked gnocchi and toss together to coat well.



To begin Bolognese sauce, measure out 1 ³/₄ (3) cups of **water**. In a large sauté pan, add ¹/₂ (1) Tablespoon of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10-30 seconds). Add the water to the pan to deglaze.



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For vegetable medley, in a medium sauté pan with a lid add 1 (1 ³/₄) cup **water**, 1 (2) Tablespoon **butter**, and **seasoned veggie mix #2.** Make sure all vegetables are coated in water. Put lid on, then turn stove on medium heat and bring to a simmer. Simmer 3-4 minutes. Stir vegetables again to coat with remaining liquid. Serve!



Wasn't that simple? Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



3 servings per container

Nutrition Facts

Nutrition Facts

6 servings per container

CHICKEN BOLOGNESE GNOCCHI

Servings size

1 cup (51g)

Amount per serving Calories

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		% Daily	Value*
Total Fat 6g			8%
Saturated Fat 2.5	ň		13%
Trans Fat Og			
Cholesterol 55mg			18%
Sodium 640mg			28%
Total Carbohydrat	e 2	4g	9%
Dietary Fiber 2g			7%
Total Sugars 8g			
Includes Og Ac	ldeo	d Sugars	0%
Protein 15g			
Vit. D Omcg 0%		Calcium 170)mg 15%
Iron 1mg 6%	•	Potas. 464	mg 10%
0	•	Potas. 464	lmg 10%

*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: DRIED POTATO FLAKES, THRIVE TOMATO SAUCE POWDER (TOMATO POWDER, FOOD STARCH-MODIFIED, SUGAR, MILK FAT, WHEY, SALT, SWEET CREAM, GARLIC POWDER, ONION POWDER, SPICES, NONFAT MILK SOLIDS, NONFAT MILK, CARROT POWDER, DEXTROSE, SODIUM CASEINATE, SODIUM PHOSPHATE, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT, CITRIC ACID, ANNATTO COLOR), FREEZE DRIED CHICKEN SLICES COOKED SEASONED WHITE MEAT* (CHICKEN WHITE MEAT, SALT), PARMESAN CHEESE* (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE [TO PREVENT CAKING]), ONION*, CAULIFLOWER*, RED BELL PEPPER*, BROCCOLI*, THRIVE SCRAMBLED EGG MIX DRIED EGG PRODUCT (WHOLE EGGS. YOLK, DRIED EGG WHITES [GLUCOSE REMOVED FOR STABILITY]), DEHYDRATED GARLIC, DEHYDRATED CARROT, ALL PURPOSE SEASONING POWDER (SALT, SPICES, ONION, GARLIC, CHILI PEPPER, DEXTROSE, CITRIC ACID, SUGAR, NATURAL FLAVOR), TOMATO*, KALE*, SPICES*

*FREEZE DRIED CONTAINS: MILK, EGG.

Servings size	1 cup (51g)
Amount per serving Calories	210
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat Og	
Cholesterol 55mg	18%
Sodium 640mg	28%
Total Carbohydrate 24g	9%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes Og Added Suga	rs 0%
Protein 15g	

Vit. D Omcg 0%		Calcium 170mg 15%
Iron 1mg 6%	•	Potas. 464mg 10%

*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.

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*FREEZE DRIED

CONTAINS: MILK, EGG.

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