



## Tuscan-Style Beef Pappardelle

**ingredients** | 2 person (4 person)

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

### grab from your box

**Pappardelle Pasta** | 3 oz. (6.7 oz.)

**Garlic** | ½ Tbsp. (1)

**Shredded Beef** | ½ cup (1)

### Veggie Mix

Asparagus | ¼ cup (½)

Tomato Dices | 2 ½ Tbsp. (⅓ cup)

Mushrooms | ¼ cup (½)

Kale | ¼ cup (½)

**Onion Slices** | 2 Tbsp. (⅓ cup)

**Italian Seasoning** | 2 tsp. (1 ½ Tbsp.)

**Tomato Sauce Mix** | ¼ cup (½)

**Parmesan Cheese** | ¼ cup (½)

**Balsamic Glaze** | 1 oz. (1)

### grab from your pantry

**Butter or Oil** | ½ Tbsp. (1)

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

**22 minutes**

AS PREPARED  
280 CALS / FATS 8G / PROTEIN 19G / SODIUM 580MG

## What's on the Box?

Check your box for the icon and follow 2 or (4 person) measurements.



2 Person



4 Person

**kitchen gadgets:** Medium sauce pot, large sauté pan, strainer



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



Meanwhile, measure out 2  $\frac{3}{4}$  (4  $\frac{1}{2}$ ) cups of **water** and set aside. In a large sauté pan, add  $\frac{1}{2}$  (1) Tablespoon of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10-30 seconds).



Add premeasured water, **shredded beef**, **veggie mix**, **onion slices**, and **Italian seasoning** and bring to a simmer. Simmer for 6-7 minutes



While stirring, add the **tomato sauce mix**. Let simmer for an additional 3-4 minutes.



Add drained pasta, **parmesan cheese**, and 1 (2) Tablespoons of **butter** (optional) and then stir well. Simmer for an additional minute. Dish up and top with desired amount of **balsamic glaze**. Season to taste with salt and pepper.

## Wasn't that simple?

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





# Nutrition Facts

3.5 servings per container  
**Serving size** **1 cup (64g)**

**Amount per serving**  
**Calories** **280**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 620mg	<b>27%</b>
<b>Total Carbohydrate</b> 33g	<b>12%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 20g	
Vitamin D 0mcg	0%
Calcium 169mg	15%
Iron 3mg	15%
Potassium 471mg	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.

# Nutrition Facts

7 servings per container  
**Serving size** **1 cup (64g)**

**Amount per serving**  
**Calories** **280**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
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**INGREDIENTS:** PAPPARDELLE PASTA (DURUM WHEAT SEMOLINA, EGGS, NIACIN, FERROUS LACTATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FREEZE DRIED SHREDDED BEEF COOKED AND SEASONED\* (BEEF, SALT), 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), PARMESAN CHEESE\* (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES), BALSAMIC GLAZE (BALSAMIC VINEGAR OF MODENA [WINE VINEGAR, CONCENTRATED GRAPE MUST, CARAMEL COLOR], GLUCOSE SYRUP, SUGAR, MODIFIED CORN STARCH, DEXTROSE, XANTHAN GUM), DEHYDRATED GARLIC, ASPARAGUS\*, ONION\*, KALE\*, MUSHROOMS\*, TOMATO\*, SPICES\*

\*FREEZE DRIED

**CONTAINS: MILK, WHEAT, EGGS.**