



Double the Servings:

Berbere-Spiced Beef & Chickpea Stew

40min 2 Servings

Imagine if Martha Stewart could come to your house and cook for a crowd. Sounds pretty dreamy, right? Then, allow us to introduce you to the meals of your dreams: our big batch dinners. Cook this warming beef and chickpea stew once, and make enough food to impress a crowd, or to feed yourself again the next day. Twice the amount of Martha-approved dinner, but for the same price. (2p plan serves 4; 4p plan serves 8.)

What we send

- 1 medium red onion
- 1 carrot
- 10 oz pkg ground beef
- 8 oz can tomato sauce
- berbere spice blend (use 1-2 tsp)
- 1 can chickpeas
- 1 pkt beef broth concentrate
- 3 oz Israeli couscous ¹
- ½ oz fresh mint
- 1 container Greek yogurt ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- large Dutch oven or pot with lid

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 430kcal, Fat 24g, Carbs 45g, Proteins 25g



1. Prep ingredients

Halve and cut **onion** into ¼-inch pieces. Scrub and trim **carrot**, then halve lengthwise and cut into ¼-inch thick half-moons.



2. Sauté onions & carrots

Heat **1 tablespoon oil** in a large Dutch oven or pot with a lid over medium-high. Add **onions** and **carrots**; season with **salt** and **pepper**. Cook until onions are translucent and carrots are just tender, 5-6 minutes.



3. Cook beef

Add **ground beef** to pot with **veggies**; season with **salt** and **pepper**. Cook over medium-high heat, stirring and breaking up meat into large pieces, until deeply browned in spots and cooked through, 6-8 minutes. Remove pot from heat, then carefully spoon off **any excess fat**.



4. Add seasoning

Stir **tomato sauce** and **1-2 teaspoons berbere seasoning** (depending on heat preference) into pot with **beef**. Cook, stirring, until fragrant and sauce is slightly reduced, about 2 minutes.



5. Add liquid & couscous

Add **chickpeas and their liquid, beef broth concentrate**, and **4 cups water** to pot. Cover and bring to a boil over high heat, then stir in **couscous**. Reduce heat to medium-high and simmer until couscous is al dente and broth is slightly thickened, 10-12 minutes. Remove from heat. Season to taste with **salt** and **pepper**.



6. Finish & serve

Pick **mint leaves** from stems, then discard stems and thinly slice leaves. In a small bowl, stir together **yogurt** and **1 tablespoon each of water and oil**; season to taste with **salt** and **pepper**. Serve **berbere-spiced beef and chickpea stew** topped with **a dollop of yogurt** and **some of the mint**. Enjoy!