

# DINNERLY



## Beef & Egg Noodle Stew:

More servings? Or leftovers? You choose!



40min



2 Servings

We've been living in our hibernation clothes for some time now, so it feels appropriate that, like the squirrels, we're loading up! Not on acorns, silly....On dinner! This comfort food meal serves up a little more, so you can choose-your-own-adventure. Choose to fill your plate with an extra serving OR store some away for the next day OR share with other hibernating friends and fam. Either way, you win. We've got you covered!

### WHAT WE SEND

- 1 medium yellow onion
- 8 oz carrots
- 10 oz pkg grass-fed ground beef
- 2 pkts turkey broth concentrate
- 6 oz egg noodles <sup>3,1</sup>
- 5 oz bag peas

### WHAT YOU NEED

- olive oil
- kosher salt & ground pepper
- all-purpose flour <sup>1</sup>
- butter <sup>2</sup>
- red wine vinegar (or apple cider vinegar)

### TOOLS

- medium heavy-bottomed pot (or Dutch oven)

### ALLERGENS

Wheat (1), Milk (2), Egg (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

### NUTRITION PER SERVING

Calories 510kcal, Fat 27g, Carbs 47g, Protein 21g



#### 1. Prep ingredients

Peel and thinly slice **onion**. Trim ends from **carrots**, then cut into ¼-inch rounds. Finely chop **1 teaspoon garlic**.



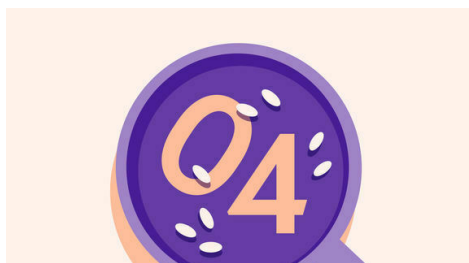
#### 2. Cook beef

Heat **2 tablespoons oil** in a medium heavy-bottomed pot (or Dutch oven) over medium-high. Add **beef** and a **pinch of salt**; cook, breaking up into large pieces, until browned and cooked through, 3–5 minutes.



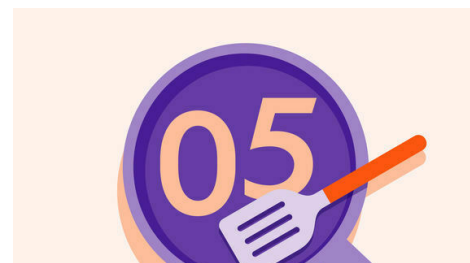
#### 3. Add onions & carrots

Add **onions**, **2 cups carrots** (save rest for own use, if necessary), and a **pinch of salt** to pot with **beef**; cook until onions begin to soften, about 5 minutes. Add **chopped garlic** and **2 tablespoons flour**; cook until garlic is fragrant, about 30 seconds.



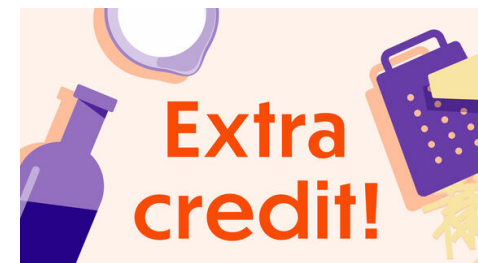
#### 4. Simmer stew

To same pot, add **all of the turkey broth concentrate**, **6 cups water**, and **½ teaspoon salt**. Bring to a boil over high heat, scraping up any browned bits from bottom of pot. Reduce heat to medium and simmer until **carrots** are almost tender, about 5 minutes.



#### 5. Finish & serve

Add **noodles** to same pot and cook, stirring occasionally, until tender, 6–8 minutes. Add **peas** and cook until warmed through, 2 minutes. Stir in **1 tablespoon butter** and **1 teaspoon vinegar**; season to taste with **salt** and **pepper**. Enjoy!



#### 6. Pro tip: Salting 101

Salt helps to enhance the flavor of food when used throughout the cooking process. It plays a role in increasing food aromas, bringing out sweetness, and dampening bitterness. Seasoning as you go ensures foods absorb the flavor as opposed to seasoning at the end, which only coats the surface. This is why we encourage seasoning and tasting along the way.