



Steak, Bacon & Grass-Fed Ground Beef:

Add a Keto Protein Variety Pack to your Box!



under 20min



2 Servings

This protein pack is for meat lovers! It's full of our most keto-friendly meats: tender steaks, bingeworthy bacon, and grass-fed ground beef. Whether you're on a keto diet or just in need of a protein boost, this pack deserves a prime spot in your fridge or freezer. Add one (or more) to your box today!

What we send

- 10 oz pkg grass-fed ground beef
- 2 (4 oz) pkgs thick-cut bacon
- 10 oz pkg steaks

What you need

- Your choice!

Tools

- choose your own cooking adventure!

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving



1. Bacon-Wrapped Meatloaf

This is a genius way to cook meatloaf! The bacon does double duty-adding irresistible flavor while also keeping the meatloaf nice and moist. Mix up your favorite meatloaf recipe using our tender grass-fed ground beef. Wrap bacon slices around the meatloaf and bake in the oven until cooked through!



2. Bacon Gravy

We love a bacon-infused pan sauce or gravy to ladle over top pork chops or even as a thick bacon cream sauce to top a grass-fed burger! Cut bacon strips into smaller pieces and add to a skillet over medium heat. Render bacon slowly until crispy. Remove the pieces, leaving the fat in the skillet. Whisk in flour until golden, and add milk until thickened. Add grated cheddar + bacon bits for burgers!



3. Protein-style Burger

The path to a keto-friendly burger is paved with crispy lettuce leaves! Make a single (or double) smash burger in your skillet, and don't forget your favorite cheese-we like blue cheese for a change. Wrap the burger up in bibb lettuce leaves. But, don't stop there! Add your favorite burger toppings!



4. Zucchini Noodle Ragu

Break out your spiralizer (or other handy julienne tool like a mandoline) and make a batch of zucchini noodles! Heat a bit of oil in a large skillet and add the noodles. Season and cook for 3-4 minutes then drain in a colander, letting the moisture drip out. Make an easy weeknight meat sauce by starting with olive oil, minced garlic, and canned tomatoes. Mix in your zucchini noodles, top with Parm!



5. Cheesesteak Lettuce Wraps

One of the best parts of following a keto diet is that what you lose in bread and pasta, you can make up for with cheese! Mimic a crowd-pleasing favorite-Philly Cheesesteaks-but make them protein-style! Throw the steaks on the grill or in a cast-iron skillet, and cook until desired doneness. Slice the steak and pile it into crisp romaine leaves, along with veggies and a blanket of cheese sauce!



6. Carne Asada Taco Salad

Marinate the steaks in a mixture of chopped jalapeños, garlic, cilantro, orange or lime juice (or both), and olive oil. Cook on the grill or in a hot cast-iron skillet. As it cooks, throw together a salad using your favorite taco toppings as inspiration. Shredded romaine or cabbage, scallions, tomatoes, avocado, olives, pickled jalapeños, and, if your diet allows, crisp tortilla strips!

Questions about the recipe? Cooking hotline: **866-228-4513** (Mon - Fri 9AM-9PM)

View the recipe online by visiting your account at marleyspoon.com **#marthaandmarleyspoon**