



Low-Cal Braised Beef Ragu

with Zucchini Pappardelle



30-40min



2 Servings

Who needs noodles when you can have zoodles? We swap traditional pasta with thinly shaved zucchini ribbons to make this hearty beef ragu deliciously low carb.

What we send

- 1 yellow onion
- garlic
- ½ lb shredded beef ^{1,6}
- 1 pkt crushed red pepper
- 6 oz tomato paste
- 8 oz tomato sauce
- 1 pkt chicken broth concentrate
- 2 zucchini
- ¾ oz Parmesan ⁷
- ¼ oz fresh parsley

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot
- microplane or grater

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 480kcal, Fat 22g, Carbs 48g, Protein 26g



1. Start ragu

Finely chop **onion**. Finely chop **2 teaspoons garlic**. Pat **beef** dry and break up into bite-sized pieces.

In a medium pot, heat **2 tablespoons oil** over medium. Add **chopped onions** and **a pinch of salt**. Cook, stirring occasionally, until completely softened but not yet browned, 4-5 minutes. Add **chopped garlic** and **red pepper flakes**; cook until fragrant, about 1 minute.



4. Cook zucchini & serve

To pot with **beef**, stir in **zucchini**. Cook over high heat, gently stirring and tossing frequently, until just tender, 1-2 minutes (zucchini will release water to loosen sauce). Off heat, stir in **grated Parmesan** and **parsley**. Season to taste with **salt** and **pepper**.

Serve **beef ragu** topped with **more grated Parmesan** and **a drizzle of oil**, if desired. Enjoy!



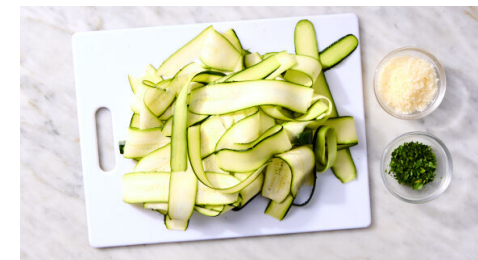
2. Simmer ragu

Add **1 tablespoon tomato paste** to pot. Cook, stirring frequently, until slightly darkened in color, 1-2 minutes. Add **beef, tomato sauce, and broth concentrate**. Bring to a boil over high heat. Lower heat to medium; simmer until sauce is reduced by half, about 10 minutes (sauce will be relatively thick). Season to taste with **salt** and **pepper**.



5. ...

Looking for more steps?



3. Prep ingredients

Meanwhile, use a vegetable peeler to peel **zucchini** from top to bottom into ribbons.

Finely grate **half of the Parmesan**.

Pick **parsley leaves** from stems and finely chop; discard stems.



6. ...

You won't find them here! Enjoy your Martha Stewart & Marley Spoon meal!