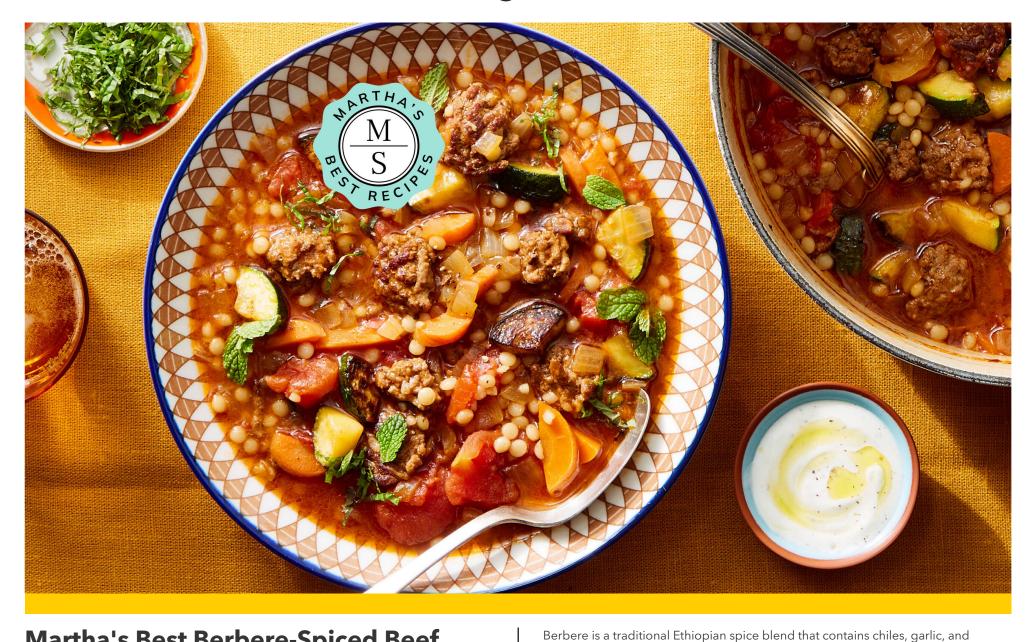
# MARLEY SPOON



## **Martha's Best Berbere-Spiced Beef** Stew

with Couscous, Sour Cream & Mint



#### What we send

- 1 yellow onion
- 3 oz carrots
- 1 zucchini
- 14½ oz can whole peeled tomatoes
- garlic
- 10 oz pkg grass-fed ground beef
- 1/4 oz berbere spice blend
- 3 oz pearl couscous <sup>2</sup>
- ¼ oz fresh mint
- 2 (1 oz) sour cream <sup>1</sup>

## What you need

- · olive oil
- kosher salt & ground pepper
- sugar

### **Tools**

 large Dutch oven or pot with lid

#### **Allergens**

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

#### **Nutrition per serving**

Calories 790kcal, Fat 35g, Carbs 67g, Protein 39g



## 1. Prep ingredients

aHalve and cut **onion** into ¼-inch pieces. Scrub and trim **carrot**, then halve lengthwise and cut into ¼-inch thick halfmoons.

Quarter **zucchini** lengthwise and then cut into ½-inch thick pieces crosswise. Cut **tomatoes** in can using kitchen shears.

Finely chop 2 teaspoons garlic.



#### 2. Sauté onions & carrots

Heat **1 tablespoon oil** in a large Dutch oven or pot with a lid over medium-high. Add **zucchini** and cook until browned, 3-5 minutes stirring occasionally. Transfer to plate and reserve until step 6.

Add **onions** and **carrots**; season with **salt** and **pepper**. Cook until onions are translucent and carrots are just tender, 5-7 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, 5-7 minutes.



## 4. Add seasoning

Stir in **garlic** and **1-2 teaspoons berbere spice blend** (depending on spice preference). Cook until fragrant, about 1 minute. Add **3 cups water** to pot and bring to a simmer, scraping up bits from the bottom of the pan.



5. Add liquid & couscous

Add **chopped tomatoes**, cover, and bring to a boil over high heat; stir in **couscous**. Reduce heat to medium-high and simmer, partially covered, and stirring occasionally, until couscous is al dente and **broth** is slightly thickened, about 15 minutes. Remove from heat. Season with **1 teaspoon salt**, ½ **teaspoon sugar**, and **a few grinds of pepper**.



6. Finish & serve

Meanwhile, pick **mint leaves** from stems, discard stems and thinly slice leaves. In a small bowl, stir together **sour cream**, **1½ tablespoons water**, and **1 tablespoon oil**; season to taste with **salt** and **pepper**. Return **zucchini** to pot and cook until heated through, about 1 minute. Spoon **stew** into bowls and top with a drizzle of **sour cream** and **fresh mint**. Enjoy!