



MAY
2016

Tomato-Garlic Ragu with Beef, Thyme, and Zucchini

Your family will think you spent hours over the stove, simmering this deeply savory ragu. We've added a dash of soy sauce for a unique umami touch. It wouldn't be complete without a sprinkle of parmesan cheese on top!



Prep: 10 min
Total: 30 min



level 1



nut free



Ground Beef



Spaghetti



Yellow Onion



Thyme



Garlic



Zucchini



Crushed Tomatoes



Soy Sauce




Parmesan
Cheese



Chili Flakes

Ingredients

	2 People	4 People
Ground Beef	10 oz	20 oz
Spaghetti	1) 6 oz	12 oz
Yellow Onion	1	2
Garlic	2 Cloves	4 Cloves
Thyme	¼ oz	½ oz
Zucchini	1	2
Crushed Tomatoes	1 Box	2 Boxes
Soy Sauce	1) 2) 2 T	4 T
Parmesan Cheese	3) ¼ Cup	½ Cup
Chili Flakes 	1 t	1 t
Olive Oil*	1 t	2 t

*Not Included

Allergens

1) Wheat

2) Soy

3) Milk

Tools

Large pot, Large pan, Strainer

Ruler

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Nutrition per person Calories: 738 cal | Fat: 21 g | Sat. Fat: 9 g | Protein: 49 g | Carbs: 91 g | Sugar: 17 g | Sodium: 1257 mg | Fiber: 7 g

2



1 Prep the veggies: **Wash and dry all produce.** Bring a large pot of **salted water** to a boil. Quarter the **zucchini** lengthwise, then slice into ½-inch pieces. Halve, peel, and finely chop the **onion**. Mince or grate the **garlic**. Strip the **thyme** off the sprig and roughly chop the **leaves**.

3



2 Cook the beef: Heat a drizzle of **olive oil** in a large pan over medium-high heat. Add the **ground beef** and cook, breaking up the meat into pieces, until browned but not yet cooked through. Season with **salt** and **pepper**.

3 Start the ragu: Add the **onions** and **zucchini** and cook, tossing for 5-6 minutes, until softened. Add the **soy sauce**, **garlic**, and **thyme leaves** and cook for 30 seconds, until fragrant.

4 Cook the spaghetti: Add the **spaghetti** to the boiling water and cook for 9-11 minutes, until al dente. Reserve **½ cup pasta water** then drain.

5



5 Finish the ragu: While the **spaghetti** cooks, add the **crushed tomatoes**, **chili flakes** (optional, they are spicy!) and **½ cup pasta water** to the pan. Simmer for about 10 minutes, until thickened. Season to taste with **salt** and **pepper**.

6 Toss and serve: Toss the drained **spaghetti** into the **sauce** to combine. Serve the **tomato-garlic ragu** topped with **parmesan cheese** and enjoy!

6



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