



BEEFED-UP BOLOGNESE

with Poblano Peppers and Thyme

PREP: 10 MIN
TOTAL: 30 MIN

LEVEL 1

NUT FREE




HELLO

POBLANO PEPPERS

Mild in heat and perfectly sweet

INGREDIENTS:

- Yellow Onion
- Carrot
- Garlic
- Thyme
- Poblano Pepper 
- Ground Beef
- Diced Tomatoes
- Linguine (Contains: Wheat)
- Sour Cream (Contains: Milk)
- Parmesan Cheese (Contains: Milk)

FOR 2 PEOPLE:

- 1
- 1
- 2 Cloves
- ¼ oz
- 1
- 8 oz
- 1 Can
- 6 oz
- 2 TBSP
- ¼ Cup

FOR 4 PEOPLE:

- 2
- 2
- 4 Cloves
- ½ oz
- 2
- 16 oz
- 2 Cans
- 12 oz
- 4 TBSP
- ½ Cup

NUTRITION PER SERVING

795 cal | Fat: 30 g | Sat. Fat: 11 g | Protein: 40 g | Carbs: 91 g | Sugar: 16 g | Sodium: 411 mg | Fiber: 9 g

START STRONG

To strip thyme leaves from their stems, start by pinching them at their tips. Next, pull down, going against the direction that the leaves grow in. It's amazing how easily they pop off!



BUST OUT

- Large pot
- Strainer
- Olive oil (2 tsp | 4 tsp)
- Peeler
- Large pan

1 PREP

Wash and dry all produce.

Bring a large pot of salted water to a boil. Halve, peel, and dice onion. Peel and finely dice carrot. Mince or grate garlic. Strip thyme leaves from sprigs. Core, seed, and thinly slice poblano.

2 COOK BEEF

Heat a drizzle of olive oil in a large pan over medium heat. Add beef and season with salt and pepper. Break up meat into pieces with a spatula or wooden spoon. Cook until browned and lightly crisped at edges, 5-6 minutes. Remove from pan and set aside.

3 COOK POBLANO

Add poblano to same pan over medium-high heat. Toss until slightly blistered, 3-4 minutes. Add garlic and cook until fragrant, about 30 seconds. Season with salt and pepper. Set aside with ground beef.



4 MAKE SAUCE

Heat another drizzle of olive oil in same pan over medium heat. Add onion, carrot, and thyme, then season with salt and pepper. Cook until softened, about 5 minutes, stirring occasionally. Add beef, poblanos, and diced tomatoes. Bring to a simmer and let bubble 5 minutes. Season with salt and pepper.

5 BOIL PASTA

Meanwhile, add linguine to boiling water. Cook until al dente, 9-11 minutes. Drain, reserving ½ cup pasta water.

6 TOSS AND SERVE

Add pasta to pan with sauce along with a splash of pasta water. Add the sour cream. Toss to combine, then season with salt and pepper. Serve pasta with a sprinkle of Parmesan on top.

PRIMO!

Look at you go—it's bolognese in a flash!