



Tuscan-Style Beef Pappardelle

ingredients | 2 person (4 person)

Put away the chopping block. All your freeze dried ingredients are ready for cooking!

grab from your box

Pappardelle Pasta | 3 oz. (6.7 oz.)

Garlic | ½ Tbsp. (1)

Shredded Beef | ¾ cup (1 ½)

Veggie Mix

Asparagus | ¼ cup (½)

Tomato Dices | 2 ½ Tbsp. (⅓ cup)

Mushrooms | ¼ cup (½)

Kale | ¼ cup (½)

Onion Slices | 2 Tbsp. (⅓ cup)

Italian Seasoning | 2 tsp. (1 ½ Tbsp.)

Tomato Sauce Mix | ¼ cup (½)

Parmesan Cheese | ¼ cup (½)

Balsamic Glaze | 1 oz. (1)

grab from your pantry

Butter or Oil | ½ Tbsp. (1)

Butter (optional) | 1 Tbsp. (2)

22
minutes

allergens:

Dairy, Wheat
Pantry items not included

360 CALS / FATS 16G / PROTEIN 28G / SODIUM 1160MG

kitchen gadgets: *Medium sauce pot, large sauté pan, strainer*



1
Cooking for 4: Measurements for a four (4) person meal are in parentheses.

In a medium pot, bring 6 (8) cups of **water** to a boil. Add the **pappardelle pasta** and cook for 8-10 minutes or until tender. Strain and set aside.



2
Meanwhile, measure out 2 $\frac{3}{4}$ (4 $\frac{1}{2}$) cups of **water**. In a large sauté pan, add $\frac{1}{2}$ (1) Tablespoon of **butter or oil** of your choice and sauté **garlic** on medium heat until aromatic (10-30 seconds).



3
Add water, **shredded beef**, **veggie mix**, **onion slices**, and **Italian seasoning** and bring to a simmer. Simmer for 6-7 minutes



4
While stirring, add the **tomato sauce mix**. Let simmer for an additional 3-4 minutes.



5
Add drained pasta, **parmesan cheese**, and 1 (2) Tablespoons of **butter** (optional) and then stir well. Simmer for an additional minute. Dish up and top with desired amount of **balsamic glaze**.



Wasn't that simple?

Choose from a variety of Thrive Life ingredients to whip up your own family classics faster.



Nutrition Facts

3 servings per container

Serving size **1 cup (75g)**

Amount per serving

Calories **330**

% Daily Value*

Total Fat 8g **10%**
Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 65mg **22%**
Sodium 730mg **32%**
Total Carbohydrate 38g **14%**
Dietary Fiber 1g **4%**

Total Sugars 7g

Includes 1g Added Sugars **2%**
Protein 23g

Vit. D 0mcg 0% • Calcium 197mg 15%

Iron 4mg 20% • Potas. 550mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PAPPARDELLE PASTA (DURUM WHEAT SEMOLINA) EGGS, NIACIN, FERROUS LACTATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), FREEZE DRIED SHREDDED BEEF COOKED AND SEASONED* (BEEF, SALT), THRIVE TOMATO SAUCE POWDER (TOMATO POWDER, FOOD STARCH-MODIFIED, SUGAR, MILK FAT, WHEY, SALT, SWEET CREAM, GARLIC POWDER ONION POWDER, SPICES, NONFAT MILK SOLIDS, NONFAT MILK, CARROT POWDER, DEXTROSE, SODIUM CASEINATE, SODIUM PHOSPHATE, MALTODEXTRIN, NATURAL FLAVOR, YEAST EXTRACT CITRIC ACID, SILICON DIOXIDE (ANTICAKING AGENT), ANNATTO COLOR), PARMESAN CHEESE* (PASTEURIZED PART-SKIM COW'S MILK, CHEESE CULTURES, SALT, ENZYMES, POWDERED CELLULOSE (TO PREVENT CAKING)), BALSAMIC GLAZE (BALSAMIC VINEGAR OF MODENA [WINE VINEGAR, CONCENTRATED GRAPE MUST, CARAMEL COLOR], GLUCOSE SYRUP SUGAR, MODIFIED CORN STARCH, DEXTROSE, XANTHAN GUM), DEHYDRATED GARLIC, ASPARAGUS*, ONION*, KALE*, MUSHROOMS*, TOMATO*, SPICES*

*FREEZE DRIED

CONTAINS: MILK, WHEAT, EGGS

DISTRIBUTED BY THRIVE LIFE, 691 SOUTH AUTO MALL DR, AMERICAN FORK, UTAH 84003. MADE IN UTAH.

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