

**GROUND
BEEF**

CHEF PACK

The Chef Has Arrived



RECIPES INCLUDED IN YOUR PACK:

- Hearty Calzone
- Italian Baked Penne
- Classic Shepherd's Pie
- Weeknight Tacos
- Loaded Refried Beans
- Vegetable Medley

Your pack gives you all the Thrive Life ingredients you need to whip up 6 deliciously easy recipes while on a time crunch! Just grab the items from your pack, plus a few pantry staples and you're ready to go!



Your Next Delivery

Add our other Chef Packs to your next delivery, and keep the delicious meals coming!



Your Clean, Simple Food

Your Chef Pack includes all the Thrive Life ingredients you need to whip up healthy meals with minimum prep work.

- **Ground Beef**
- **Tomato Sauce**
- **Chopped Onions**
- **Tomato Dices**
- **Green Beans**
- **Sweet Corn**
- **Country White Dough Mix**
- **Instant Refried Beans**
- **Mashed Potatoes**
- **Italian Seasoning Blend**

GRABBING THE BASICS

We've compiled a list of all the pantry basics you'll need to finish off your recipes—simply scan and go! Please refer to specific recipe cards for measurements and quantities.

- Salt
- Pepper
- Butter
- Minced Garlic
- Chili Powder
- Cumin
- Lime Juice
- Cholula Hot Sauce
- Flour Tortillas
- Shredded Lettuce
- Sour Cream
- Cheddar Cheese
- Salsa
- Beef Bouillon
- Colby Jack Cheese
- Penne Pasta
- Mozzarella Cheese
- Yeast
- Olive Oil
- Sliced Olives
- Green Bell Pepper
- Red Pepper Flakes
- One Egg



Lucky you! You will have some leftover ingredients after crafting all your recipes! Remember, Thrive Life foods can be used the same as grocery store products—minus the prep work! Just toss and go for delicious and easy meals every time.



GROUND BEEF

CHEF PACK

Hearty Calzone

Start to Finish: 1 hour &
18 minutes

Hearty Calzone
Yield: 6 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- 1 can Country White Dough Mix
- ½ cup Ground Beef
- ½ cup Tomato Sauce
- ½ cup Chopped Onions
- ¾ cup Tomato Dices
- 1 tbsp. Italian Seasoning Blend

GRAB FROM YOUR KITCHEN:

- 1 pkg. Instant Yeast (or 2¼ tsp.)
- 1 cup + 2 tbsp. Warm Water
- 1 tbsp. Garlic
- 2 tbsp. Olive Oil
- 1 can Olives, Sliced
- ¾ cup Green Bell Peppers, Sliced
- 2½ cups Water
- 3 cups Mozzarella Cheese
- 1 Egg

Optional Toppings:

- ½ tsp. Red Pepper Flakes



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Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

Cook With: ✓ Bread mixer or medium bowl
✓ Medium sauce pan
✓ Greased baking sheet
✓ Rolling pin



Let's make the dough! You'll find the directions for your dough on the label of the Country White Dough Mix. Follow those directions and let your dough rise for 45 minutes or until at least double.



Ten minutes before your dough is done rising, sauté the garlic in the oil until caramelized. Add in the remaining ingredients, except for the cheese, olives, and egg. Bring to a simmer and let all the flavors fuse together until thick, about 3-4 minutes.



Add in the olives and set aside until the dough is done rising.



Once the dough is ready, split into six even pieces. On a floured surface, roll each piece into a circle. Place $\frac{1}{6}$ of the meat mixture onto a single piece of dough and sprinkle $\frac{1}{2}$ cup of cheese on top of the meat.



In a small bowl, whisk the egg. Brush edges of dough with egg wash. Fold the dough over and pinch the edges to seal. Place on a greased baking sheet. Repeat for each calzone.



Brush the tops of the dough with the egg wash and bake at 375°F for 15 minutes, or until golden brown. Optional: Sprinkle tops with spice mix, like Chef's Choice Seasoning Blend, before baking.

**GROUND
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Italian Baked Penne

Start to Finish: 28 minutes

Italian Baked Penne

Yield: 6 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- $\frac{2}{3}$ cup Ground Beef
- $\frac{3}{4}$ cup Tomato Sauce
- $\frac{1}{3}$ cup Chopped Onions
- 1 cup Tomato Dices
- 1 tbsp. Italian Seasoning Blend

GRAB FROM YOUR KITCHEN:

- 1 tbsp. Garlic, minced
- 2 tbsp. Butter
- 4 cups Penne Pasta
- 3 cups Mozzarella Cheese
- 4 cups Water



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Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

Cook With: ✓ Medium-sized sauce pot
✓ Large skillet
✓ 9×13 baking dish

1



Preheat the oven to 350°F. In a medium pot, boil pasta in salted water for 8-10 minutes or until tender. Strain and set aside.

2



In a large skillet, sauté the garlic in butter until lightly caramelized. Add the Chopped Onions and Ground Beef and lightly toast. Deglaze with the water and bring to a simmer for 3-4 minutes.

3



Add in the remaining ingredients, except the pasta and cheese, then simmer for 3-4 minutes or until it's nice and thick.

4



Add the pasta and 1 cup of cheese to the sauce and stir. Optional: Pour into a 9×13 baking pan and sprinkle the remaining cheese over the top. Bake for 15 minutes, then enjoy!

SERVING IDEA: Pair with the Vegetable Medley!

GROUND BEEF

CHEF PACK

Classic Shepherd's Pie

Start to Finish: 26 minutes

Classic Shepherd's Pie

Yield: 6 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- 1 cup Ground Beef
- 1/3 cup Tomato Sauce
- 1/4 cup Chopped Onions
- 1/2 cup Tomato Dices
- 1 cup Green Beans
- 3/4 cup Sweet Corn
- 2 1/2 cups Mashed Potatoes
- 1 tbsp. + 1 tsp. Italian Seasoning Blend

GRAB FROM YOUR KITCHEN:

- 1 tbsp. Garlic, minced
- 5 tbsp. Butter
- 6 cups Water
- 2 tsp. Beef Bouillon
- 1/2 tsp. Salt

Optional Toppings:

- 1 cup Colby Jack or Cheddar Cheese



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Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

Cook With: ✓ 2 medium-sized sauce pans
✓ 8×8 baking dish

1



Preheat oven to 350°F. In a medium-sized sauce pan, sauté the garlic in 2 tablespoons of butter until lightly caramelized. Deglaze with 3 cups of water.

2



Add the Ground Beef, Tomato Sauce, Chopped Onions, Tomato Dices, Green Beans, Sweet Corn, 1 tablespoon of Italian Seasoning Blend, and the beef bouillon. Bring the mixture to a simmer and let thicken for about 4–5 minutes, then set aside.

3



To make the mashed potatoes, grab another medium-sized sauce pan and add 3 cups of water, 1 teaspoon of Italian Seasoning Blend, ½ teaspoon of salt and 3 tablespoons of butter. Bring to a simmer and then add the Mashed Potatoes and whisk until smooth.

4



Now let's bring them together! Pour the filling into an 8×8 baking dish and cover with the mashed potatoes. Sprinkle the cheese on top (optional) and bake for about 15 minutes, or until the cheese is melted.

GROUND BEEF

CHEF PACK

Weeknight Tacos

Start to Finish: 15 minutes

Weeknight Tacos

Yield: 4 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- 1/3 cup Chopped Onions
- 1 1/3 cups Ground Beef
- 2 tbsp. Tomato Sauce
- 3/4 cup Tomato Dices



GRAB FROM YOUR KITCHEN:

- 1 tbsp. Garlic, Minced
- 2 tbsp. Butter
- 1 1/2 tsp. Chili Powder
- 1 tsp. Cumin
- 1 tbsp. Lime Juice
- 1 tsp. Cholula Hot Sauce
- 1/4 tsp. Salt
- 8 6" Flour Tortillas
- 1 3/4 cup Water



Optional Toppings:

- Shredded Lettuce
- Sour Cream
- Cheddar Cheese
- Salsa

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Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

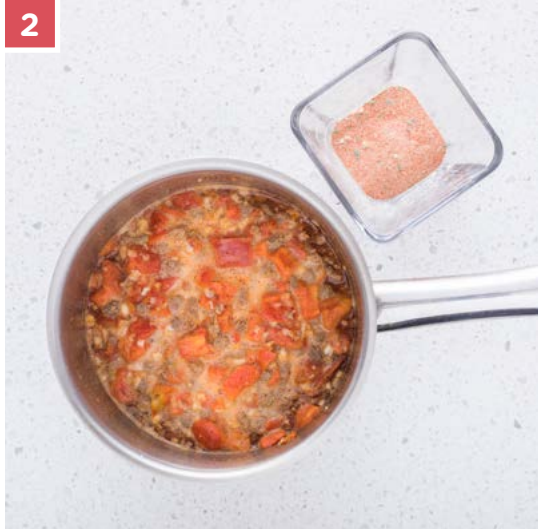
Cook With: ✓ Small pot

1



In a small pot, sauté the garlic and onions in butter until caramelized. Add the Ground Beef and lightly toast.

2



Toss in the remaining ingredients, except the Tomato Sauce, and bring to a simmer for 3-4 minutes.

3



Sprinkle in the Tomato Sauce and whisk all the ingredients together.

4



Simmer for about 2-3 minutes, or until your mixture is nice and thick. Serve with tortillas and your choice of toppings!

SERVING IDEA: Serve alongside the Loaded Refried Beans.

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Loaded Refried Beans

Start to Finish: 21 minutes

Loaded Refried Beans

Yield: 6 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- $\frac{1}{3}$ cup Chopped Onions
- 1 can Instant Refried Beans



GRAB FROM YOUR KITCHEN:

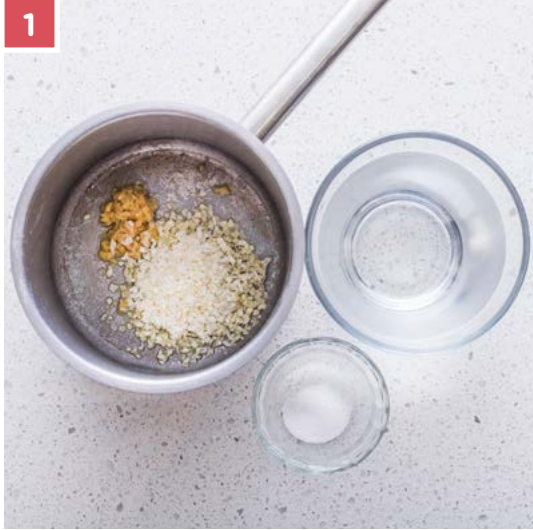
- 2 tbsp. Butter
- 1 tbsp. Garlic, Minced
- $\frac{3}{4}$ tsp. Salt
- 3 cups Water
- 2 tsp. Cholula Hot Sauce
- $\frac{1}{2}$ cup Colby Jack or Cheddar Cheese

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Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

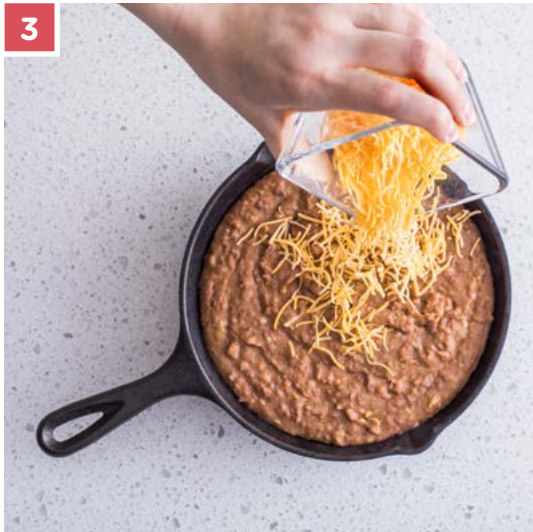
Cook With: ✓ Medium-sized sauce pan
✓ 8×8 baking dish or skillet



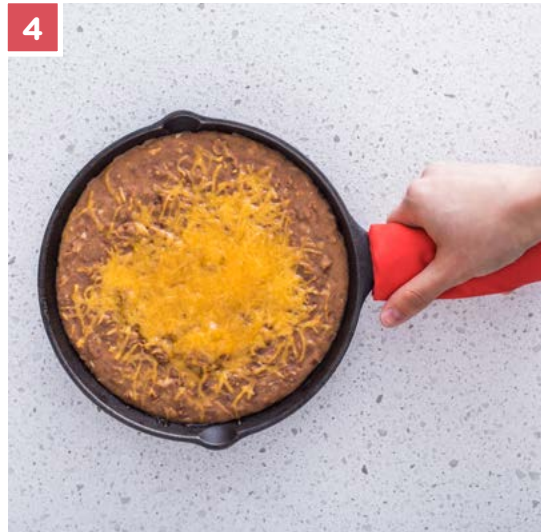
Preheat oven to 350°F. In a medium-sized sauce pan, sauté the garlic and onions in the butter until well caramelized. Add in the salt and water and then bring to a simmer.



Whisk in the refried beans and Cholula Hot Sauce, then simmer for 3–5 minutes while stirring frequently. It'll only take a few minutes for your beans to get nice and smooth!



Spread in a small 8×8 baking pan and sprinkle some cheese on top.



Bake for 5–8 minutes, or until cheese is melted.

SERVING IDEA: Pair with the Weeknight Tacos for a flavorful side dish!

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Vegetable Medley

Start to Finish: 10 minutes

Vegetable Medley

Yield: 6 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- 2 cups Green Beans
- 2 cups Sweet Corn
- ½ cup Chopped Onions
- 1 tsp. Italian Seasoning Blend

GRAB FROM YOUR KITCHEN:

- ½ tsp. Salt
- ¼ tsp. Pepper
- 2 tbsp. Butter
- 2 cups Water

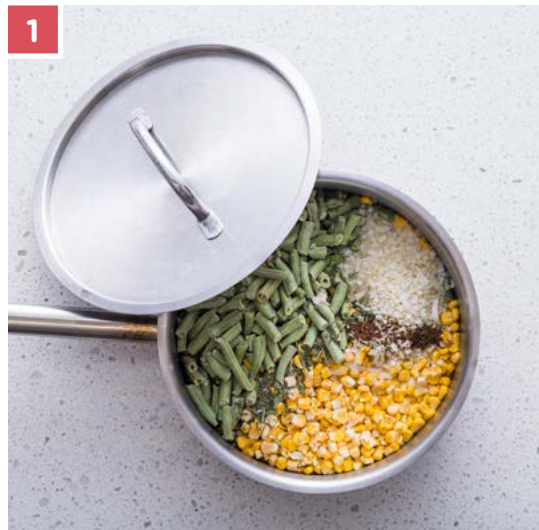


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Tip From the Chef:

Freeze dried foods crisp up fast, so make sure to measure out all your ingredients first.

Cook With: ✓ Medium-sized skillet or frying pan with a lid



In a medium-sized skillet, add all the ingredients, except the butter, and place the lid on the pan. Let simmer and steam for 3 minutes, stirring occasionally.



Remove the lid and add the butter. Stir until the butter is melted, then dish up!

SERVING IDEA: USE AS YOUR GO-TO SIDE DISH FOR ANY DINNER.