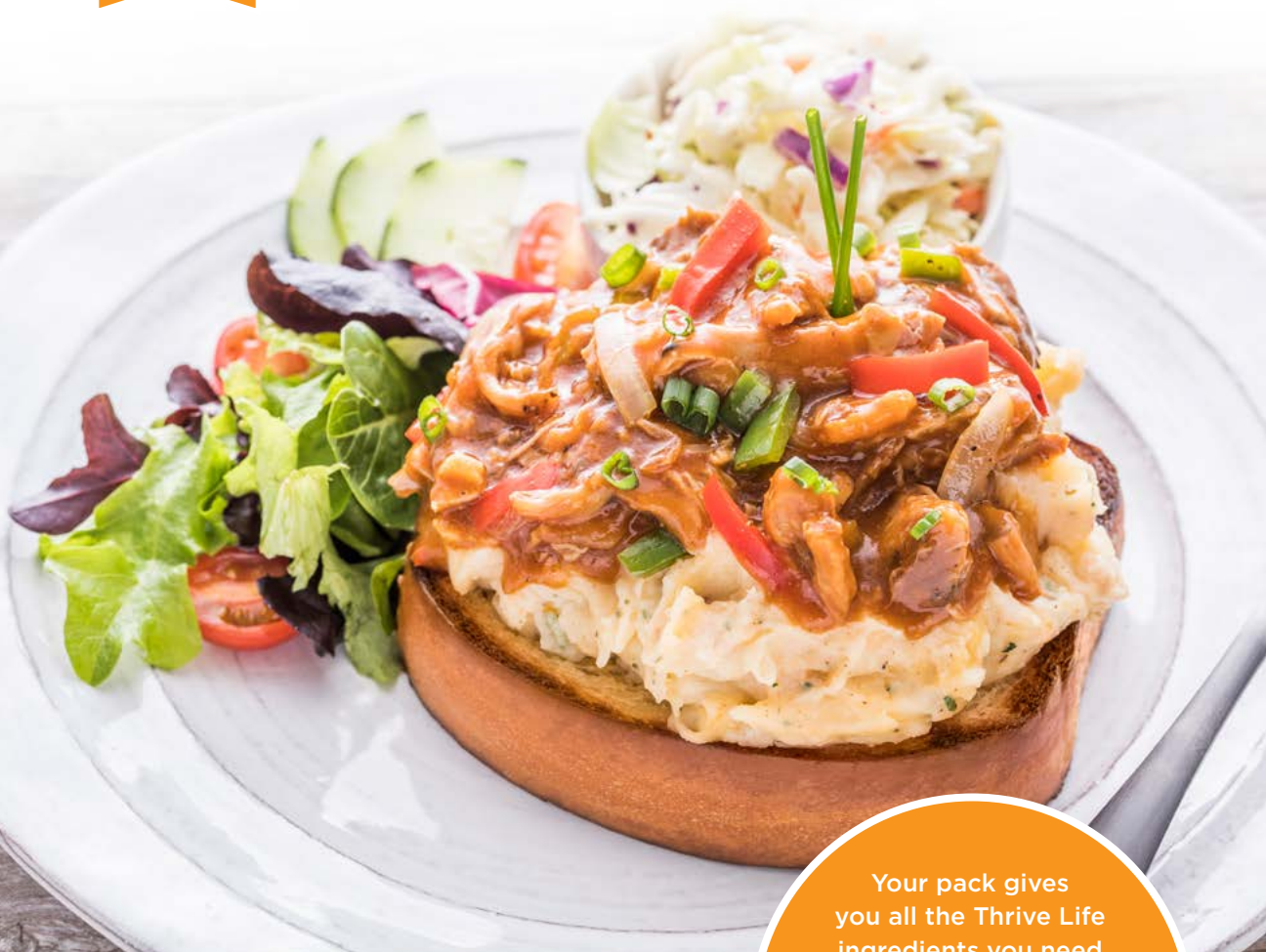


**PULLED
PORK**

CHEF PACK

The Chef Has Arrived



RECIPES INCLUDED IN YOUR PACK:

- **Sweet and Sour Pulled Pork with Rice**
- **Open-Faced Pulled Pork Sandwich**
- **Pulled Pork Shepherd's Pie**
- **Pork Chile Verde**
- **Spanish Rice**
- **Steamed Green Beans with Red Peppers**
- **Loaded Mashed Potatoes**

Your pack gives you all the Thrive Life ingredients you need to whip up 7 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 cans you need to whip up healthy meals with minimum prep work.

- **Pulled Pork**
- **Onion Slices**
- **Red Bell Peppers**
- **Green Chili Peppers**
- **Green Beans**
- **Espagnole (Savory Beef Gravy)**
- **Country White Dough Mix**
- **Instant White Rice**
- **Mashed Potatoes**

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.

- Bacon
- Butter
- Chives
- Water
- Cheddar Cheese
- Minced Garlic
- Barbecue Sauce
- Instant Yeast
- Cumin
- Tomatillos
- Cilantro
- Frozen Peas
- Frozen Corn
- Canned Pineapple Tidbits
- Rice Vinegar
- Soy Sauce
- Brown Sugar
- Ketchup
- Cornstarch
- Roma Tomato
- Garlic Powder
- Chicken Bouillon
- Salt or Chef's Choice Seasoning

OPTIONAL

- Bread
- Cholula Hot Sauce
- Olive Oil

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.



PULLED PORK

CHEF PACK

Sweet and Sour Pulled Pork with Rice

Start to Finish: 20 minutes

Sweet and Sour
Pulled Pork with Rice
Yield: 4 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- $\frac{3}{4}$ cup Pulled Pork
- $\frac{1}{4}$ cup Onion Slices
- $\frac{1}{4}$ cup Red Bell Peppers
- 2 tsp. Espagnole Sauce
- 2 tbsp. Green Chili Peppers
- $\frac{1}{4}$ cup Green Beans
- $1\frac{3}{4}$ cups Instant White Rice



GRAB FROM YOUR KITCHEN:

- 1 tsp. Salt or Chef's Choice Seasoning, divided
- 1 tbsp. Garlic, minced
- 1 tbsp. Butter
- 1 can Pineapple tidbits, 8 ounce with juice
- 4 tbsp. Rice Vinegar
- 1 tbsp. Soy Sauce
- $\frac{1}{3}$ cup Brown Sugar
- $\frac{1}{2}$ cup Ketchup
- 1 tbsp. Cornstarch, mixed with 1 tbsp of cold water
- $3\frac{3}{4}$ cups Water, divided

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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 pot with lid
✓ Medium-sized skillet
✓ Rice bowl

1



In a medium-sized pot, bring $1\frac{3}{4}$ cups of water and $\frac{1}{2}$ teaspoon salt or Chef's Choice Seasoning to a simmer, then add the Instant White Rice. Cover with a lid and turn heat to low. Let the rice cook for about 6 minutes or until all the water is gone.

2



In a medium-sized skillet, sauté the butter and garlic together until lightly brown. Add the Pulled Pork, $\frac{1}{2}$ teaspoon salt or Chef's Choice Seasoning, Onion Slices, Espagnole, Red Bell Peppers, Green Chili Peppers, Green Beans, and $1\frac{1}{2}$ cups of water to the skillet, and bring it to a simmer for 2-3 minutes.

3



Add in the remaining ingredients, except for the rice, and simmer for an additional 5-6 minutes or until the sauce thickens.

4



Place the rice in a bowl and top with the sauce, then enjoy!

PULLED PORK

CHEF PACK

Open-Faced Pulled Pork Sandwich

Start to Finish:
2 hours 30 minutes or
20 minutes for quick method
**Open-Faced Pulled Pork
Sandwich**
Yield: 4 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- 1 cup Pulled Pork
- 1/3 cup Onion Slices
- 1/2 cup Red Bell Peppers
- 2 tbsp. Green Chili Peppers
- 1/3 cup Espagnole Sauce
- 1 can Country White Dough Mix



GRAB FROM YOUR KITCHEN:

- 1 tbsp. Garlic, minced
- 2 tbsp. Butter
- 4 cups + 2 tbsp. Water
(1 cup + 2 tbsp for Country White Dough Mix)
- 1/4 cup Barbecue Sauce
- 1 pkg. Instant Yeast (or 2 1/4 tsp.)
for Country White Dough Mix
- 1/2 tsp. Salt or Chef's Choice Seasoning

Optional Ingredients

Quick Method Ingredient: Sliced Bread

Loaded Mashed Potatoes (see recipe from Pack)

THRIVE
LIFE™

Tip From the Chef:

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

Cook With: ✓ Medium-sized bowl or bread mixer
✓ 2 medium-sized skillet

MAKE AHEAD: Make the **Loaded Mashed Potatoes** recipe before or while your bread is rising!



Turn over your Country White Dough Mix can and follow the directions to make the bread, or use store bought sliced bread.



For the Pulled Pork gravy, grab a medium-sized skillet, and sauté the garlic in butter until caramelized.



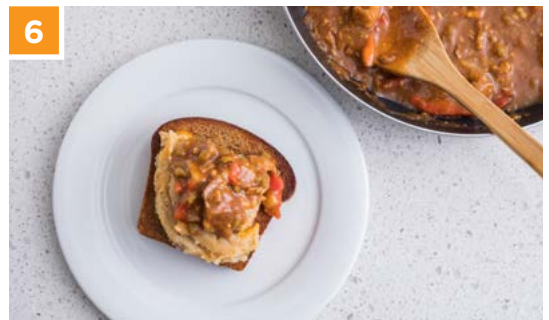
Add 3 cups of water and the remaining dry ingredients, except for the Espagnole.



Simmer for 3 minutes, then add the Espagnole and barbecue sauce and allow to simmer until it's thick and saucy!



Once the bread is made, slice it into 4 to 6 slices (1-2 inches thick). Spread butter on the bread and grill in a pan until golden on both sides.



On each serving plate, start with the grilled bread. Top with Loaded Mashed Potatoes (recipe included in Pack) and spoon Pulled Pork gravy over the top. Enjoy!

**PULLED
PORK**

CHEF PACK

Pulled Pork Shepherd's Pie

Start to Finish: 30 minutes

Pulled Pork Shepherd's Pie

Yield: 4 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- ½ cup Pulled Pork
- 1 tbsp. Green Chili Peppers
- ½ cup Green Beans
- ½ cup Onion Slices
- ½ cup Red Bell Peppers
- ⅓ cup Espagnole Sauce
- 1½ cups Mashed Potatoes



GRAB FROM YOUR KITCHEN:

- 1 tbsp. Garlic, minced
- 4 tbsp. Butter, divided
- 1 tsp. Salt or Chef's Choice Seasoning, divided
- ½ cup Green Peas, frozen
- ½ cup Corn, frozen
- 4¾ cups Water, divided
- 1 cup Shredded Cheddar Cheese

THRIVE
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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 Small pots
✓ 8x8 baking dish or oven safe skillet



Preheat oven to 350°F. In a small pot, sauté the garlic and 2 tablespoons butter until caramelized. Add in the Pulled Pork, ½ teaspoon salt or Chef's Choice Seasoning, Green Chili Peppers, Green Beans, Onion Slices, Red Bell Peppers, frozen green peas, frozen corn, and 3 cups of water. Bring to a simmer for 3-4 minutes.



Add the Espagnole and mix it all up! Simmer for an additional 1-2 minutes, then take it off the heat and set aside.



For the Mashed Potatoes, in another small pot add 1¾ cups of water, 2 tablespoons of butter and ½ teaspoon salt or Chef's Choice Seasoning and bring to a simmer.



Whisk in the Mashed Potatoes until smooth and turn off the heat.



To put it all together, pour the filling into an 8x8 baking dish or oven safe skillet, then spread the Mashed Potatoes on top and sprinkle with cheese.



Bake at 350°F for about 15 minutes or until the cheese is all melted!

**PULLED
PORK**

CHEF PACK

Pork Chile Verde

Start to Finish: 16 minutes

Pork Chile Verde

Yield: 4 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- 1 cup Pulled Pork
- ½ cup Green Chili Peppers
- ½ cup Onion Slices
- ¼ cup Espagnole Sauce



GRAB FROM YOUR KITCHEN:

- 1 tbsp. Butter
- 2 tbsp. Garlic, minced
- 1 tsp. Salt or Chef's Choice Seasoning
- 1 tsp. Cumin
- 3 cups Water, divided
- 4 whole Tomatillos, cored
- 1 cup Cilantro



Optional Ingredients

- 1 tbsp. Cholula Hot Sauce

THRIVE
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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
✓ Blender

1



Grab a medium-sized sauce pan, and sauté the garlic in butter until slightly caramelized.

2



Add in the Pulled Pork, Green Chili Peppers, Onion Slices, salt or Chef's Choice Seasoning, cumin, and 2 cups of water. Bring to a simmer for 4-5 minutes.

3



Meanwhile, place the cored tomatillos, Cholula hot sauce (optional), and cilantro in a blender. Add 1 cup of water and blend until nice and smooth!

4



Add the blended tomatillo mixture into the pork mixture, along with the Espagnole powder. Let all that simmer uncovered for 3-5 minutes, or until it's thick and delicious!

SERVING IDEA: Serve over rice or wrapped in a tortilla! Pairs well with the Spanish Rice recipe from your Pack.

**PULLED
PORK**
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CHEF PACK

Spanish Rice

Start to Finish: 15 minutes
Spanish Rice
Yield: 4 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- 2 cups** Instant White Rice
- ¼ cup** Onion Slices
- ¼ cup** Green Chili Peppers



GRAB FROM YOUR KITCHEN:

- 1 tsp.** Salt or Chef's Choice Seasoning
- ½ tsp.** Cumin
- 1 whole** Roma Tomato, cored
- 1 tsp.** Garlic Powder
- 2 tsp.** Chicken Bouillon
- 1 tbsp.** Olive Oil or Butter
- 1¾ cups** Water



Tip From the Chef:

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

Cook With: ✓ Blender
✓ Medium-sized sauce pot with lid

1



Toss the Onion Slices, Green Chili Peppers, salt or Chef's Choice Seasoning, cumin, and Roma tomato with the water in a blender. Blend until smooth and set aside.

2



Grab a medium-sized sauce pot, and sauté the rice with olive oil or butter until the rice has a nice golden color.

3



Add the ingredients from the blender to the rice, then add the garlic powder and chicken bouillon and stir.

4



Bring to a simmer and cover. Turn the heat to low, and cook the rice for 6 minutes or until the rice is soft and fluffy!

SERVING IDEA: Pair with the Pork Chile Verde recipe from your Pack.

**PULLED
PORK**
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CHEF PACK

Steamed Green Beans with Red Peppers

Start to Finish: 10 minutes

Steamed Green Beans

with Red Peppers

Yield: 4 servings



GRAB FROM YOUR THRIVE LIFE PACK:

- 2 cups Red Bell Peppers
- 2 cups Green Beans
- ½ cup Onion Slices

GRAB FROM YOUR KITCHEN:

- 1 tbsp. Garlic, minced
- 2 tbsp. Butter
- ¾ tsp. Salt or Chef's Choice Seasoning
- 1½ cups Water



THRIVE
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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 with a lid

1



In a medium-sized skillet, sauté the garlic with the butter until it's lightly caramelized and has a nice golden color!

2



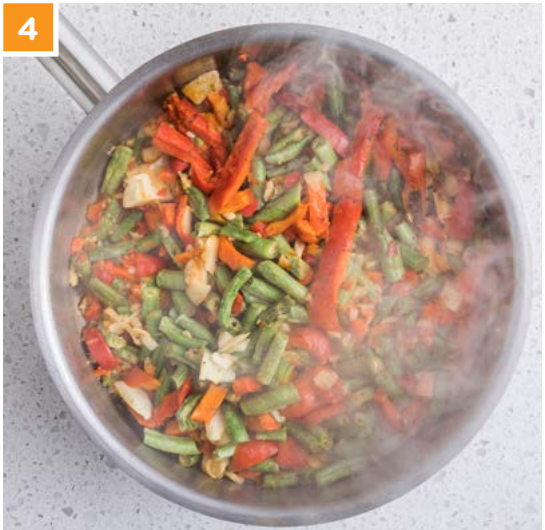
Toss the dry veggies in the skillet with the salt or Chef's Choice Seasoning, then add the water.

3



Stir together thoroughly.

4



Place the lid on top and simmer for 3-5 minutes. Once the veggies are fully cooked, you're ready to go!

SERVING IDEA: Great as a side dish to go with almost any entrée or meal

**PULLED
PORK**

CHEF PACK

Loaded Mashed Potatoes

Start to Finish: 12 minutes

Loaded Mashed Potatoes

Yield: 4 servings



GRAB FROM YOUR THRIVE LIFE PACK:

1¾ cups Mashed Potatoes

GRAB FROM YOUR KITCHEN:

3 slices Bacon, small diced
1 tsp. Salt or Chef's Choice Seasoning
3 tbsp. Butter
2 tbsp. Chives
2 cups Water
½ cup 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 pot or skillet

1



Sauté the bacon in a medium sauce pot until golden brown, then drain most of the fat.

2



Add the water, salt or Chef's Choice Seasoning, chives, and butter to the bacon and bring to a simmer.

3



Add in the Mashed Potatoes and stir until smooth, then turn off the heat.

4



Fold in the cheddar cheese and serve!

SERVING IDEA: Use in the Open-Faced Pulled Pork Sandwich recipe from your Pack!