



PRICE: \$11.50 CA | \$10.50 US (PACK OF 3)
VOLUME: 55 g (1.9oz)

FLAVOUR PROFILE

Bold stew; classic notes of rosemary & thyme with warming undertones of toasted black peppercorn.

FEATURES & BENEFITS

Easily made with grocery store staples – baby carrots, baby potatoes & stewing beef – no chopping required! No artificial colours or flavours, added MSG or caramel colour. Blend is vegan. Customize and use mushrooms, lentils or Instant Pot™. Slow cooker recipes on pack. Prep in 20 mins. Set it and forget it!

FYI: Blend contains soy.

LABEL DIRECTIONS

Makes 6 servings (about 12 cups)
Brown 1½ lbs (675 g) cubed stewing beef in 1 tbsp oil. Transfer to cooking vessel. Stir in 4 cups water, 3 tbsp tomato paste, and seasoning. Fold in 2 lbs (900 g) baby carrots and 1 ½ lbs (675 g) mini potatoes.

PROGRAMMABLE PRESSURE COOKER: Secure lid. Place steam release valve in SEALING position. Program to HIGH pressure, 35 mins. Release pressure naturally, 15 mins. Move valve to VENTING position. Release pressure completely before opening lid.

SLOW COOKER: Cover and cook 8 hours on low.

TIP: To thicken stew, whisk together ¼ cup cornstarch with 3 tbsp cold water. Turn off the heat; stir into cooked stew, until thickened, about 2 min.

INGREDIENTS LIST*

Black pepper, celery, garlic, inactive nutritional yeast, leek, onion, organic tamari powder (organic soybeans, salt, organic maltodextrin), rosemary, sea salt, thyme, tomato powder (tomato, rice concentrate).

ALLERGENS AND SENSITIVITIES:

Soy, garlic, onion.

*Ingredient list is in alphabetical order for proprietary reasons.

RECIPE IDEAS

- Red wine braised short ribs (Instant Pot™): swap 2 cups of red wine in for water. Set to high pressure 45 mins, natural release 15 mins.
- Swap out water for beef broth, red wine or Guinness (*great* for St. Patty's Day).
- Make it vegetarian and swap in lentils, mushrooms or textured vegetable protein (TVP).

KITCHEN HACK

Swap beef for a 2lb (1 kg) pot roast.

TASTING TIP

Make this the star of your demo. Cook in an Instant Pot™.

COMPANION PRODUCTS

Check epicure.com for current availability.

FOOD & BEVERAGES:

- Cheddar & Jalapeño Corn Bread
- Herb & Garlic Sea Salt Blend
- Quick Biscuit Mix
- Red Pepper Jelly

COOKWARE:

- Mini Whisk
- Prep Pro Chef Knife
- Prep Pro Scissors
- Roll Up Rack

*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Tables at epicure.com.

Nutrition Facts		Valeur nutritive	
Per 1/6 package dry mix (9.2 g) / Par 1/6 du sachet de mélange (9,2 g)			
About 2 cups prepared / Environ 2 tasses préparées			
	Dry Mix / Mélange [†]	Prepared [‡] Préparé [‡]	
Calories	30	360	
% Daily Value* / % valeur quotidienne*			
Fat / Lipides 0.2 g [†]	1 %	12 %	
Saturated / saturés 0.1 g			
+ Trans / trans 0 g	1 %	15 %	
Carbohydrate / Glucides 5 g			
Fibre / Fibres 2 g	7 %	32 %	
Sugars / Sucres 1 g	1 %	10 %	
Protein / Protéines 1 g			
Cholesterol / Cholestérol 0 mg			
Sodium 400 mg	17 %	25 %	
Potassium 125 mg	3 %	28 %	
Calcium 40 mg	3 %	8 %	
Iron / Fer 1 mg	6 %	31 %	
<small>* Amount in dry mix / Teneur dans le mélange. † Prepared adds 330 Calories, 9 g Fat (3 g Saturated), 39 g Carbohydrate (7 g Fibre, 9 g Sugars), 25 g Protein, 50 mg Cholesterol, 170 mg Sodium. / La recette préparée ajoute 330 Calories, 9 g Lipides (3 g saturés), 39 g Glucides (7 g Fibres, 9 g Sucres), 25 g Protéines, 50 mg Cholestérol, 170 mg Sodium.</small>			
<small>*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup</small>			