



PRICE: \$11.50 CA | \$10.50 US (PACK OF 3)  
VOLUME: 57 g (2 oz)

#### FLAVOUR PROFILE

Saucy and flavourful filling topped with creamy mashed potatoes.

#### FEATURES & BENEFITS

Faster than your traditional recipe—raw to ready in 20 minutes.

Customizable to your taste preferences. Can be made with ground beef, chicken, tofu, or lentils.

Can be made with both fresh or frozen vegetables. Use frozen vegetables as a healthy swap if you're short on time.

#### LABEL DIRECTIONS

Makes 4 servings.

Stir seasoning into 1¼ cups water; set aside. Cube 2 lbs (900 g) potatoes. Microwave, covered, on high for 8–10 min. While potatoes are cooking, brown 1 lb (450 g) lean ground beef in a medium frying pan over medium-high heat. Stir in reserved seasoning mixture. Bring to a boil, reduce heat, and stir while simmering for 2 min. Stir in 2 cups frozen mixed vegetables and heat through. Mash potatoes with ½ cup milk. Top meat mixture with potatoes and serve.

**VEGAN OPTION:** Replace beef with 1 can (540 ml) lentils, drained and rinsed. Use nondairy milk for potatoes.

#### INGREDIENTS LIST\*

black pepper, celery seed, chives, corn starch, garlic, inactive nutritional yeast, mushroom, onion, sea salt, thyme, tomato powder (organic tomato, organic rice concentrate).

#### ALLERGENS AND SENSITIVITIES:

Garlic, onion.

\*Ingredient list is in alphabetical order for proprietary reasons.

#### RECIPE IDEAS

- Use as a seasoning to make stuffed baked potatoes or potato skins.
- Use filling to top nachos.
- Stir filling with your favourite noodles.
- Keep it fresh and spoon filling over spears of romaine lettuce.
- Wrap up in butter or iceberg lettuce leaves with rice instead of potatoes.

#### KITCHEN HACK

Use mashed cauliflower or sweet potatoes as delicious topping alternatives. For easy mashing, use the **Ground Meat Separator**.

#### TASTING TIP

Prep the filling during the Cooking Class; bring prepared mashed potatoes in **4-Cup Prep Bowl**.

#### COMPANION PRODUCTS

Check [epicure.com](http://epicure.com) for current availability.

#### FOOD & BEVERAGES:

- **Salad Dressing Mixes**
- **Savoury Herb Gravy**
- **Home-Style Gravy**

#### COOKWARE:

- **Ground Meat Separator**
- **Multipurpose Steamer**
- **Sauté Spoon**

\*US Nutritional Facts Table may vary due to FDA regulations. Find US Nutritional Facts Tables at [epicure.com](http://epicure.com).

	Dry Mix <sup>†</sup> Mélange <sup>†</sup>	Prepared <sup>‡</sup> Préparé <sup>‡</sup>
<b>Calories</b>	<b>45</b>	<b>500</b>
% Daily Value* / % valeur quotidienne*		
<b>Fat / Lipides</b> 0.2 g <sup>†</sup>	<b>1 %</b>	<b>17 %</b>
Saturated / saturés 0 g		
Trans / trans 0 g	<b>0 %</b>	<b>25 %</b>
<b>Carbohydrate / Glucides</b> 10 g		
Fibre / Fibres 2 g	<b>7 %</b>	<b>29 %</b>
Sugars / Sucres 1 g	<b>1 %</b>	<b>3 %</b>
<b>Protein / Protéines</b> 1 g		
<b>Cholesterol / Cholestérol</b> 0 mg		
<b>Sodium</b> 400 mg	<b>17 %</b>	<b>23 %</b>
Potassium 150 mg	<b>3 %</b>	<b>35 %</b>
Calcium 30 mg	<b>2 %</b>	<b>10 %</b>
Iron / Fer 0.75 mg	<b>4 %</b>	<b>33 %</b>

<sup>†</sup>Amount in dry mix / Teneur dans le mélange.  
<sup>‡</sup>Prepared adds 460 Calories, 13 g Fat (5 g Saturated, 0.4 g Trans), 54 g Carbohydrate (6 g Fibre, 2 g Sugars), 31 g Protein, 60 mg Cholesterol, 140 mg Sodium. / La recette préparée ajoute 460 Calories, 13 g Lipides (5 g saturés, 0.4 g Trans), 54 g Glucides (6 Fibres, 2 g Sucres), 31 g Protéines, 60 mg Cholestérol, 140 mg Sodium.

\*5 % or less is a little. 15 % or more is a lot  
 \*5 % ou moins, c'est peu. 15 % ou plus, c'est beaucoup