

Creole Beef Pot Roast with Cheesy Grits

We're putting a Meez twist on the humble pot roast this week. Creole flavors, our own premium steak slow-cooked in tomato sauce until its tender and flaky, and served over cheesy grits. You might never want your pot roast any other way.

45 *Minutes to the Table*

20 *Minutes Hands On*

1 Whisk *Super Easy*

Getting Organized

EQUIPMENT

Large Saucepan
Large Oven Safe
Skillet with Lid

FROM YOUR PANTRY

Olive Oil
Salt & Pepper
Butter (1/2 Tbsp per
serving)

5 MEEZ CONTAINERS

Steak
Tomatoes
Mirepoix
Creole Sauce
Cheesy Grits

Good To Know

For this recipe we're cooking the steak a bit differently than we normally do. By letting it cook in the creole sauce for a while it goes beyond well-done but stays juicy and becomes tender like a pot roast should.

Health snapshot per serving – 510 Calories, 39g Protein, 16g Fat, 56g Carbs, 11 Freestyle Points.

Have questions? The dinner hotline is standing by from 5 to 8 pm at 773.916.6339.

INGREDIENTS: Steak, Tomatoes, Grits, Celery, Carrots, Yellow Onion, Green Pepper, Parmesan, Chicken Stock, Parsley, Red Wine Vinegar, Garlic, Worcestershire, Paprika, Thyme, Oregano, Basil, Rosemary, Bay Leaf, Cayenne, Old Bay, Kosher Salt.

meez *meals*

1. Prepare the Steak

Cut each **Steak** into thirds. Very loosely wrap each piece of Steak in saran wrap and place on a cutting board. Pound it until it starts to spread, using a meat tenderizer (mallet) or bottom of a small pot. Flip the steak over and continue to pound until it is about ½" thick and has doubled in size.

Heat 1 Tbsp olive oil in a large, oven-safe skillet over high heat. When the oil is hot, add the steak pieces and cook until seared, about 45 seconds. Flip the steaks and continue cooking until the other side has browned, another 45 seconds. Remove steaks from skillet and set aside in a small bowl or plate. Do not wipe out the skillet.

2. Cook the Veggies and Sauce

Return the now-empty skillet to the stove with 1 Tbsp olive oil over high heat. In a ziplock bag, squish the **Tomatoes**. When the skillet is hot, add the **Mirepoix** and the contents of the ziplock bag and sauté until the onions start to become translucent and tomatoes begin to char, about 3 minutes.

Add 2 cups of water, the **Creole Sauce**, and the seared steak along with accumulated juices to the skillet. Bring to a boil, then reduce the heat to medium-low and arrange the steak so that it is submerged in the liquid. Cover and cook for 30 minutes, flipping the steaks over and stirring the sauce after about 20 minutes. Remove the cover and continue cooking until the steaks are tender and the sauce has the consistency of pasta sauce, an additional 5 to 7 minutes. Remove from the heat and let rest for at least 5 minutes.

Try to get the steaks re-submerged in the liquid after flipping as much as possible.

3. Cook the Cheesy Grits

After flipping the steaks at the 20-minute mark, bring 2 cups of water to a boil in a large saucepan over high heat. Slowly add the **Cheesy Grits** to the boiling water, whisking constantly until there are no lumps, about 1 minute. Reduce the heat to medium and cook, whisking frequently, until the grits thicken, about 1 to 2 minutes. Remove from the heat and add 1 Tbsp of butter. Stir until the butter melts. Cover and set aside.

4. Put It All Together

Serve the creole pot roast on top of the cheesy grits. Enjoy!

Instructions for two servings.

Meez Meals * 1459 N. Elmwood Avenue * Evanston * Illinois *