

## Sugo of Beef

*With Parmesan Polenta & Broccoli Rabe*

### OUR BEVERAGE RECOMMENDATION

We recommend a robust Italian red wine, like a Chianti Classico. The fruity notes of cherry and plum in Chianti harmonize beautifully with the tomato-based sauce, while its moderate tannins complement the richness of the beef. This wine's acidity also helps cut through the sauce's richness, balancing the flavors wonderfully. The result is a delightful combination that elevates the dining experience and enhances the overall enjoyment of your meal.



### Sugo of Beef with Polenta and Broccoli Rabe

## Nutrition Facts

2 Servings Per Container

**Serving Size 731g**

**Calories Per Serving 760**

Amount Per Serving	% Daily Value *	Amount Per Serving	% Daily Value *
<b>Total Fat</b> 41g	<b>52%</b>	<b>Total Carbohydrates</b> 38g	<b>14%</b>
Saturated Fat 17g	86%	Dietary Fiber 8g	30%
Trans Fat 0g		Total Sugars 24g	
<b>Cholesterol</b> 145mg	<b>48%</b>	Includes 0g Added Sugars	<b>0%</b>
<b>Sodium</b> 1580mg	<b>70%</b>	<b>Protein</b> 58g	

Vitamin D 4.0mcg 20 . Calcium 690mg 50 . Iron 8.2mg 45 . Potassium 2010mg 45

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Ingredients:** Beef Chuck, Water, Broccoli raab, Crushed Tomatoes, Water, Milk, Red Wine, Onions, Carrots, Celery, Tomato Paste, Parmesan Cheese, Unsalted Butter, Olive Oil, Garlic, Orange Zest, Rosemary, Kosher Salt, Extra Virgin Olive Oil, Thyme, Soup, beef broth or bouillon, powder, dry, Bay leaf

**Contains:** Milk, Celery

#### MeezBox Foods

1946 Campus Drive

Hyde Park, NY 12538

[www.meezboxfoods.com](http://www.meezboxfoods.com)

#### Chef's Lesson: Sugo of Beef

Sugo of beef, also known as "sugo di carne" in Italian, is a rich and flavorful sauce made from slow-cooked beef, tomatoes, aromatic herbs, and various seasonings. This classic Italian sauce is a staple in traditional cuisine, particularly in regions like Emilia-Romagna and Tuscany. To create sugo of beef, flavorful cuts of beef, such as chuck or brisket, are simmered for an extended period, often hours, until they become incredibly tender and develop a deep, savory flavor. The beef is typically browned first to add a caramelized richness to the sauce. Tomatoes are added to create a robust tomato base. Additionally, ingredients like onions, garlic, carrots, celery, red wine, and bay leaves are included to enhance the complexity of the sauce. Sugo of beef is a versatile condiment, commonly used to dress pasta, such as pappardelle or tagliatelle, or as a hearty accompaniment to dishes like polenta. Its intense, umami-filled taste and tender chunks of beef make it a cool weather favorite.

#### WHAT'S INCLUDED

Beef Sugo  
Polenta Meal  
Milk  
Grated Parmesan Cheese  
Blanched Broccoli Rabe  
Olive Oil and sliced garlic  
Herb and Orange Gremolata

#### WHAT ELSE YOU NEED

2 Small sauce pans with tight fitting lid  
Small whisk  
Small Sauté Pan

# INSTRUCTIONS

## STEP 1

Set your oven to pre-heat to 350. Using a small (one quart) saucepan, stir together the polenta meal and milk, and add 1 cup of water. Bring the mixture to a simmer over a medium high heat, stirring occasionally to prevent scorching.



## STEP 2

When the simmering polenta has reached a “porridge-like” consistency, cover the pan with a tight-fitting lid and place in the pre-heated oven to bake for 20 minutes.



## STEP 3

Transfer the Sugo of Beef to a small sauce pan and heat over medium burner until the stew is simmering and heated through.



## STEP 4

Add the olive oil and sliced garlic to a sauté pan and heat over medium burner until the garlic is aromatic and starts to show a very slight browning. Add the blanched Broccoli Rabe and stir to prevent the garlic from burning. When the Broccoli is heated through remove from heat and keep warm.



## STEP 5

Remove the polenta from the oven and stir in the grated parmesan cheese. Adjust the seasoning with salt and pepper and if necessary, use a small amount of warm water to thin the polenta to a consistency that spreads slightly when poured onto a plate or into a bowl for serving.



## STEP 6

Sprinkle the herb and orange gremolata over the Broccoli Rabe, toss slightly and nestle into the polenta.



## STEP 7

Ladle the Sugo over the polenta and next to the broccoli and serve.

