

# BALSAMIC BEEF & BRUSSELS SPROUTS

**PREP TIME:** 45-50 mins

**SERVES:** 4-6

## IN THE FREEZER:

- 1lb stew meat
- 2 12oz bags frozen brussels sprouts
- 1lb carrots, chopped
- 8oz chopped mushrooms
- 1/4 c balsamic vinegar
- 2 tbsp honey
- 2 tsp salt
- 1 tsp pepper

## NEEDED FOR SERVE DAY:

n/a

## ON SERVE DAY...

1. Allow your meal to gently thaw in the fridge for 6-8 hours before cooking (if skipping this step, add 15-20 supervised minutes to the cooking time).
2. Line your sheet pan with aluminum foil for easy clean-up.
3. Place meal (in a single layer) on lined cookie sheet. Spread as thinly as possible.
4. Bake at 350 degrees for 45-50 minutes.