



Take me with you!

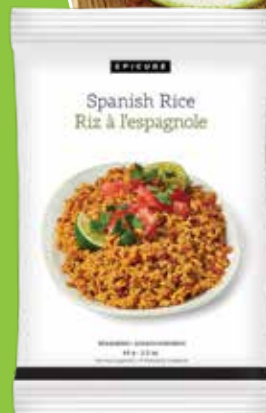
Food that travels well
in a backpack or to the
campground, picnic sites,
RV life or cottage.

EPICURE™

25 min | \$3.30 CA/\$2.81 US per serving
EASY PEASY BOLOGNESE STUFFED PEPPERS

















18 min | \$0.38 CA/\$0.32 US per serving
SPANISH RICE



JULY 2023

July Epic Box Contents

Turn camping into glamping with these summerlicious meals.

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Speedy Salmon “Casserole”

12 min | 6 servings | \$2.51 CA/\$2.13 US per serving



Reach for this recipe when you're strapped for time or down to your last few pantry items for an easy, filling meal. Canning salmon preserves all the good stuff—protein, omega 3's, vitamin D—while giving you a convenient protein source on busy nights. The tang and tarragon of the Béarnaise sauce elevates this speedy “casserole” into something special!

INGREDIENTS

3 cups rotini, fusilli, or other bite-size pasta
6 cups broccoli florets, fresh or frozen
½ cup unsalted butter
1 pkg **Béarnaise Sauce Mix**
1 cup water
2 cans (8 oz/213 g each) unsalted canned pink salmon, drained

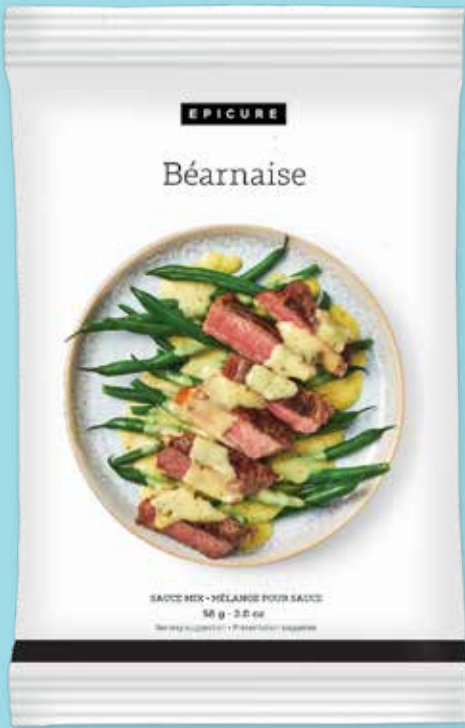
INSTRUCTIONS

1. Cook pasta according to package directions in **Multipurpose Pot**. Add broccoli for last 2 min of cooking.
2. Meanwhile, in a large microwavable bowl, melt butter, uncovered, on high 40–60 sec. Whisk in sauce mix and water until well combined. Microwave on high 2 ½ min, stirring halfway through.
3. Drain pasta and broccoli. Stir sauce into pot, then flake in salmon. Toss to combine.

PERFECTLY BALANCE YOUR PLATE: This is a perfectly balanced plate.

TIP: Don't like salmon? Use canned tuna. Try frozen peas or green beans instead of broccoli—whatever your family loves!

PER SERVING: Calories 460, Fat 21 g (Saturated 11 g, Trans 1 g), Cholesterol 80 mg, Sodium 230 mg, Carbohydrate 45 g (Fibre 3 g, Sugars 5 g), Protein 24 g.



20 min | \$1.66 CA/\$1.41 US per serving
CRISPY BÉARNAISE CAULIFLOWER



15 min | \$3.76 CA/\$3.20 US per serving
SALISBURY STEAK WITH BÉARNAISE SAUCE



14 min | \$3.96 CA/\$3.36 US per serving
CHICKEN OSCAR

Try these alternative recipes using **Béarnaise Sauce Mix**.

Cheeseburger Lettuce Wraps

12 min | 4 servings | \$4.31 CA/\$3.67 US per serving



Skip the boring burger bun and indulge your cravings with this crunchy twist—no messy patty-making required! Lettuce is low in calories and packed with vitamin K for strong bones, vitamin A for radiant skin and healthy eyes, and fibre for a happy gut.

INGREDIENTS

1 lb (450 g) lean ground beef
1 pkg **Cheeseburger Pasta Seasoning**
1 cup grated cheddar cheese
2 tbsp ketchup
1 tomato
¼ red onion
16 lettuce leaves, about 1 small head
Topping (optional): sliced pickles, mustard, **Big Burger Sauce**

INSTRUCTIONS

1. Add beef and seasoning to **Sauté Pan**; cook over medium-high heat 4–6 min, or until browned. Use **Ground Meat Separator** to break up chunks.
2. Stir in cheese and ketchup; cook until cheese melts, about 1 min.
3. Dice tomato and thinly slice onion.
4. To assemble, make eight sets of two stacked lettuce leaves. Divide filling between stacks and top with tomato, onion, and additional toppings, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with ½ cup cooked rice.

TIP: Skip the stovetop and microwave ground beef with seasoning and ketchup in **Multipurpose Steamer**. Cover and microwave on high 4 min, or until cooked through, and then stir in the cheese.

PER SERVING: Calories 360, Fat 21 g (Saturated 10 g, Trans 0.5 g), Cholesterol 90 mg, Sodium 540 mg, Carbohydrate 13 g (Fibre 3 g, Sugars 6 g), Protein 31 g.



30 min | \$2.76 CA/\$2.35 US per serving
CHEESEBURGER LASAGNA



20 min | \$3.26 CA/\$2.77 US per serving
SWEET PEPPER FISH STEW



20 min | \$2.27 CA/\$1.93 US per serving
CHEESEBURGER PASTA

Try these alternative recipes using **Cheeseburger Pasta Seasoning**.

Potatoes Bravas

18 min | 6 servings | \$1.31 CA/\$1.11 US per serving



Potatoes bravas is what happens when crispy potatoes meet tangy, spicy tomato sauce. It's a staple dish at tapas bars, but easier (and less oily) to make at home with time-saving microwave cookware (hello, **Steamers**). Keep the potato skins on to bump up the fibre content—about half of a potato's fibre content is from the skin. Pro tip: don't skip the Roasted Garlic Aioli for dunking!

INGREDIENTS

6 medium Yukon Gold potatoes
1 pkg **Spanish Rice Seasoning**
1½ cups water
2 tsp tomato paste
½ tsp apple cider vinegar
Topping (optional): prepared
Roasted Garlic Aioli

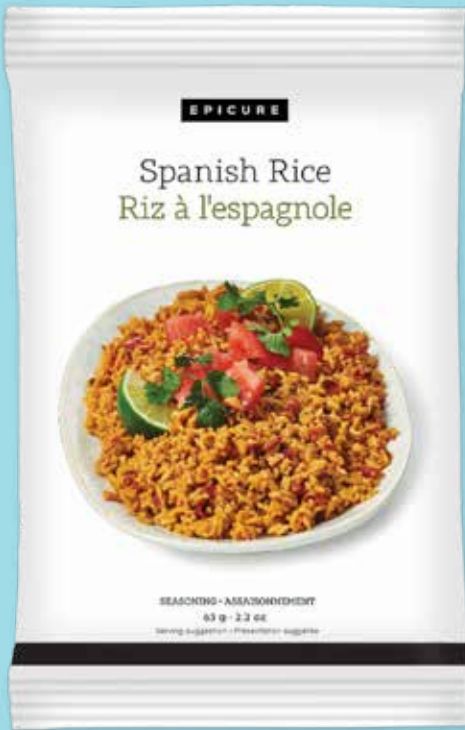
INSTRUCTIONS

1. Chop unpeeled potatoes, then place in **Multipurpose Steamer**. Cover and microwave on high for 12–14 min, or until fork tender.
2. Meanwhile, combine seasoning, water, tomato paste, and vinegar in **Wok** set over medium-high heat. Bring to a boil, stirring often. Cover and reduce heat to medium-low so mixture is simmering.
3. Add potatoes to pan and toss with sauce. Simmer until sauce is thickened and potatoes are coated, about 2 min.
4. Serve with a dollop of aioli, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with 4 oz (113 g) lean protein and 2 cups leafy greens with 1 tbsp **Epicure Dressing**.

TIP: Make supreme-style potatoes bravas by topping with leftover **Chicken Barbacoa**, **Rotisserie Chicken**, or diced ham. Or, top with a fried egg for a hearty breakfast.

PER SERVING: Calories 200, Fat 0.5 g (Saturated 0.1 g, Trans 0 g), Cholesterol 0 mg, Sodium 440 mg, Carbohydrate 44 g (Fibre 6 g, Sugars 5 g), Protein 6 g.



20 min | \$4.11 CA/\$3.49 US per serving
ARROZ CON POLLO



18 min | \$0.38 CA/\$0.32 US per serving
SPANISH RICE



12 min | \$1.82 CA/\$1.55 US per serving
MIGAS



Try these alternative recipes using **Spanish Rice Seasoning**.

Burger Bites Power Bowl

10 min | 4 servings | \$5.05 CA/\$4.29 US per serving



Tight on time but craving a burger? Ditch the grill and grab a steamer; mini burgers are ready in 5 minutes in the microwave. Turn burger toppings into a nutrient-dense salad to get your daily dose of veggies all in one, delicious bowl.

INGREDIENTS

1 lb (450 g) lean ground beef
1 tbsp **Cheesy Fries Seasoning**
2 beefsteak tomatoes
1 cucumber
6 cups leafy greens
⅓ cup grated cheddar cheese
¼ cup prepared **Big Burger Sauce**
or **Creamy Ranch Dressing**
Topping (optional): pickles,
chopped red onion, yellow mustard

INSTRUCTIONS

1. In a large bowl, combine beef and seasoning. Form into 12 equal balls and place in **Multipurpose Steamer**. Slightly flatten each ball. Cover and microwave on high 5 min.
2. Meanwhile, chop tomatoes and cucumber. Divide veggies and greens between four bowls.
3. When burger bites are cooked, top steamer with Multipurpose Tray and strain excess liquid.
4. Top each bowl with three burger bites, cheese, and 1 tbsp sauce. Add additional toppings, if desired.

PERFECTLY BALANCE YOUR PLATE: Serve with ½ cup fries or 1 small multigrain roll.

TIP: Streamline prep and skip the burger bites—just crumble ground meat into a steamer and cook as directed above. Pro tip: use **Ground Meat Separator** to break up meat halfway through cooking.

TIP: Prep a double batch of Big Burger Sauce and refrigerate up to 1 week—it's a crowd-pleaser!

PER SERVING: Calories 280, Fat 16 g (Saturated 6 g, Trans 0.5 g), Cholesterol 70 mg, Sodium 410 mg, Carbohydrate 12 g (Fibre 3 g, Sugars 6 g), Protein 23 g.



15 min | \$2.56 CA/\$2.18 US per serving
MEXICAN STREET CORN



20 min | \$0.72 CA/\$0.61 US per serving
TRUFFLE FRIES



15 min | \$1.10 CA/\$0.93 US per serving
ZUCCHINI FRIES

Try these alternative recipes using **Cheesy Fries Seasoning**.

Easy Peasy Bolognese Pizza

25 min | 8 servings | \$2.74 CA/\$2.33 US per serving



Who doesn't love pizza? This dish is rich, saucy, cheesy and meaty, without any meat. Please, hold your applause!

INGREDIENTS

1 pkg **Easy Peasy Bolognese Sauce Mix**

1 can (28 oz/796 ml) crushed tomatoes

½ cup water or broth

½ cup plain non-dairy creamer or half and half cream (10%)

Sea salt, to taste

Black pepper, to taste

1 pint cherry tomatoes

½ red onion

2 (12" each) thin whole-wheat pizza crusts

1 ½ cups grated mozzarella, parmesan, or dairy free cheese

Topping (optional): chopped black olives, fresh basil or arugula

INSTRUCTIONS

1. Preheat oven to 450° F.

2. In **Multipurpose Pot**, combine mix, crushed tomatoes, water, and creamer.

3. Cover; simmer on medium heat for 15 min, stirring occasionally. It will thicken near the end of the cook time; stir more frequently at that time to prevent sticking. Season with salt and pepper to taste.

4. Meanwhile, slice tomatoes in half. Thinly slice onion.

5. Place pizza crusts on two separate **Sheet Pans** lined with **Sheet Pan Liners**. Spread 1 cup sauce over each crust (save remainder for use at a later date). Top with tomatoes, onion, and cheese.

6. Bake until cheese melts, 8 min. Remove from oven. To serve, cut each pizza into 8 slices.

PERFECTLY BALANCE YOUR PLATE: Serve with 2 cups leafy greens and 1 tbsp **Epicure Dressing**.

TIP: Cook once, eat twice! Save one pizza for an easy next-day meal.

TIP: Toss leftover sauce with cooked pasta, layer into a lasagna, or stir into chili.

PER SERVING (2 SLICES): Calories 310, Fat 10 g (Saturated 4.5 g, Trans 0 g), Cholesterol 15 mg, Sodium 610 mg, Carbohydrate 42 g (Fibre 8 g, Sugars 5 g), Protein 18 g.



25 min | \$3.30 CA/\$2.81 US per serving
EASY PEASY BOLOGNESE STUFFED PEPPERS



25 min | \$3.78 CA/\$3.21 US per serving
BOLOGNESE STUFFED PORTOBELLO MUSHROOMS



20 min | \$3.36 CA/\$3.11 US per serving
EASY PEASY SUMMER BOLOGNESE

Try these alternative recipes using **Easy Peasy Bolognese Sauce Mix**.

Saucy Enchilada Burger

20 min | 4 servings | \$2.80 CA/\$2.38 US per serving



INGREDIENTS

1 lb (450 g) lean ground beef
1 pkg **Enchilada Seasoning**,
divided

4 slices cheddar cheese

$\frac{3}{4}$ cup water

1 $\frac{1}{2}$ tbsp tomato paste

4 burger buns

Topping (optional): prepared
Guacamole, shredded lettuce,
diced onion

INSTRUCTIONS

1. Preheat grill to medium-high heat. Lightly brush grill with oil to prevent sticking. Line **Sheet Pan** with **Sheet Pan Liner**.
2. In a large bowl, add beef and $\frac{1}{2}$ pkg seasoning (about $\frac{1}{4}$ cup). Using a fork or your hands, gently mix to combine.
3. Form into four patties. Place patties on Sheet Pan Liner and head to the grill.
4. Grill patties, with lid closed, 4–5 min per side, or until cooked through. Top each patty with 1 slice of cheddar cheese during last 1 min of cooking to melt cheese. Remove Sheet Pan Liner from pan. Place cooked patties on top of pan.
5. In a microwave-safe bowl, whisk remaining $\frac{1}{2}$ pkg seasoning with water and tomato paste. Microwave sauce, uncovered, on high 2 min, whisking halfway until thickened.
6. Slice buns in half and place patties on bottom halves of buns. Drizzle 2 tbsp sauce on top of each patty; add more to taste. Add toppings, if desired. Cover patties with top halves of buns.

PERFECTLY BALANCE YOUR PLATE: Serve with 1 cup sliced veggies.

PER SERVING (1 BURGER WITH 2 TBSP SAUCE): Calories 450, Fat 20 g (Saturated 9 g, Trans 0.5 g), Cholesterol 80 mg, Sodium 630 mg, Carbohydrate 35 g (Fibre 2 g, Sugars 5 g), Protein 32 g.



20 min | \$2.40 CA/\$2.04 US per serving
BLACK BEAN ENCHILADA SLIDERS



20 min | \$3.68 CA/\$3.28 US per serving
SLOPPY JOE SWEET POTATOES



26 min | \$3.28 CA/\$2.79 US per serving
MEXICAN PIZZA

Try these alternative recipes using **Enchilada Seasoning**.



Sweet Banana Bread Petites

30 min | 30 petites | \$0.21 CA/\$0.18 US per serving

INGREDIENTS

- 2 ripe medium bananas
- 2 eggs
- $\frac{1}{3}$ cup vegetable oil + more for oiling
- 1 pkg **Sweet Banana Bread & Muffin Mix**

INSTRUCTIONS

1. Preheat oven to 350° F.
2. Place **Perfect Petites** on a **Sheet Pan**. Using **Basting Brush**, generously brush with oil.
3. In a bowl, mash bananas; they should measure about $\frac{3}{4}$ cup. Add eggs and oil; whisk to mix. Stir in mix.
4. Evenly divide batter in Perfect Petites, about 1 tbsp per mold.
5. Bake 18–20 min or until a toothpick inserted in the center comes out clean. Rest in pan until cool to the touch, then pop out.

TIP: Top baked petites with $\frac{1}{2}$ tbsp of chocolate fudge or chocolate icing.

TIP: The **4-in-1 Spice Spoon** is perfect for dividing the batter in the Perfect Petites.

TIP: Make ahead and freeze. Remove from the freezer 15 min prior to serving.

PER SERVING (1 PETITE): Calories 50, Fat 3 g (Saturated 0.3 g, Trans 0 g), Cholesterol 15 mg, Sodium 75 mg, Carbohydrate 6 g (Fibre 0 g, Sugars 3 g), Protein 1 g.



20 min | \$0.53 CA/\$0.42 US per serving
SWEET BANANA MUFFINS



20 min | \$0.79 CA/\$0.62 US per serving
SWEET BANANA BREAD CAKE

Try these alternative recipes using **Sweet Banana Bread & Muffin Mix**.