

POULTRY



Herb-Crusted Beef Roast with Potatoes and Chopped Veggie Salad *and* **Beef Stroganoff** with Mushrooms Over Egg Noodles

Produce

Bell pepper, red, 1
Bell pepper, yellow, 1
Carrots, whole, 3
Cucumber, 1 medium
Dill, 2 tablespoons
Garlic cloves, 3
Herbs (rosemary, thyme, basil, dill—whatever is in season), ½ cup
Lemons, 6
Mushrooms, baby bella, sliced, 8 ounces
Onion, red, ½
Onion, white, 1
Parsley, 8 stems
Potatoes, baby Yukon Gold, 1 pound

Meat

Beef, round or sirloin roast, 4 pounds

Dairy

Butter, salted, 2 ounces (4 tablespoons)
Feta cheese, crumbled, 2 ounces (½ cup)
Sour cream, 6.3 ounces (¾ cup)

Pantry

Broth, beef, 12 fluid ounces (1 ½ cups)
Coconut aminos, 1 tablespoon
Dijon mustard, 1 tablespoon
Flour, all-purpose, 2 tablespoons
Olive oil, extra-virgin, 3 fluid ounces (¼ cup, plus 2 tablespoons)
Wide egg noodles, dried, 9 ounces

Seasonings

Garlic powder, 1 teaspoon