

POULTRY



Perfect Stovetop Steaks with Baked Sweet Potatoes and Simple Spinach Salad

and

Beef Ramen Noodle Skillet

Produce

Apple, 1
Baby spinach, 9 ounces (3 cups)
Bell pepper, red, 1
Carrots, shredded, 3 ounces (½ cup)
Green onions, 2
Mushrooms, baby bella, sliced, 4 ounces
Onion, red, ½
Snow peas, 3 ounces (1 cup)
Sweet potatoes, 4 small

Meat

Beef, rib eye or strip steaks, 3 pounds

Dairy

Butter, salted, 2 ounces (4 tablespoons)
Goat cheese, crumbled, 1 ounce (¼ cup)
Sour cream, 2.1 ounces (¼ cup)

Pantry

Cocoa powder, unsweetened, 4 teaspoons
Coffee, ground, 4 teaspoons
Fish sauce, ¼ teaspoon
Olive oil, extra-virgin, 4.3 fluid ounces (½ cup, plus 2 teaspoons)
Ramen or lo mein noodles, dried, 10 ounces
Sesame oil, toasted, 1 teaspoon
Soy sauce or tamari, 2 fluid ounces (¼ cup)
Sugar, coconut or brown sugar, 1 tablespoon
Vinegar, red wine, 2 fluid ounces (¼ cup)