

PROTEIN

- 1 lb Ground Beef
- 1 well-trimmed beef rib roast (2 ribs), small end, chine (back) bone removed (4-6 lbs)
- 12 oz leftover cooked beef (such as steak, roast, etc.) thinly sliced

PRODUCE

- 4 Tbsp chopped fresh cilantro leaves
- 1 small red onion
- ½ cup chopped fresh baby spinach
- ½ cup diced tomatoes

DRY GOODS/PANTRY

- 4 whole wheat round thin sandwich breads, split, toasted
- ¼ cup soft whole wheat breadcrumbs
- 1 tsp ground chipotle Chile powder
- ½ tsp salt + salt to taste
- Pepper to taste
- 2 Tbsp steak seasoning blend
- 2 tsp dried oregano leaves
- 2 tsp dried thyme leaves
- 2 Tbsp all-purpose flour
- 1 can (15 oz) tomato sauce
- 1 can (13-14 oz) ready-to-serve beef broth
- ¾ cup dry red wine

REFRIGERATOR

- 5 large eggs, slightly beaten
- 2 Tbsp unsalted butter, softened
- 4 slices reduced-fat Swiss cheese

FULL RECIPES

[Mini Beef Albóndigas](#)

[Herb-Seasoned Rib Roast with Red Wine Pan Sauce](#)

[Beef and Spinach Breakfast Sandwich](#)