

GROCERY LIST



PROTEIN

- 3 lbs. English-cut beef short ribs
- 1 lb. 93% lean Ground Beef
- 1 lb. beef Flat Iron Steak, cut $\frac{3}{4}$ in. thick

PRODUCE

- 3 large yellow onions
- $\frac{3}{4}$ c. thinly sliced green onions
- 16 oz. maitake mushrooms
- $\frac{1}{2}$ c. diced carrot + $\frac{1}{2}$ c. shredded carrots
- $\frac{1}{2}$ c. diced celery
- 2 heads garlic
- 6 sprigs fresh rosemary
- 20 sprigs fresh thyme
- $\frac{1}{2}$ c. fresh basil leaves
- $\frac{1}{4}$ c. fresh parsley leaves
- 2 T. fresh oregano leaves
- 2 T. minced fresh ginger

DRY GOODS/PANTRY

- Kosher salt, to season
- Ground black pepper, to season
- 2 t. smoked paprika
- 1 T. fennel seed
- $\frac{1}{4}$ t. crushed red pepper
- 2 bay leaves
- 1 T. sugar
- 2 T. + 1 t. olive oil
- 1 T. dark sesame oil
- 2 T. rice wine vinegar
- 3 c. + 2 cans beef broth
- 1 T. Worcestershire sauce
- 2 t. Dijon mustard
- 2 cans (15 oz) no-salt-added tomato sauce
- 1 can (14.5 oz) no-salt-added diced tomatoes
- 1 c. all-purpose flour, plus more for dusting
- 6 c. cooked fresh Asian-style thin cut or ramen noodles
- 1 box egg noodles
- 1 c. dry red wine

REFRIGERATOR

- $\frac{3}{4}$ c. sour cream
- $\frac{1}{4}$ c. Parmegiano-Reggiano cheese
- 2 large eggs

FULL RECIPES

[Braised Beef Short Rib Stroganoff](#)

[Beef Bolognese](#)

[Ginger Beef & Noodle Bowls](#)