GROCERY LIST

PROTEIN

- 1 beef Cross Rib Roast or Chuck Roast (2.5 to 3.5 lbs)
- 1 lb Ground Beef (93% or leaner)
- 4 slices bacon, chopped (about 4 oz)

PRODUCE

- 1 Tbsp + 3 cloves minced garlic
- 8 oz baby carrots (about 1¾ cups)
- 8 oz fresh pearl onions, peeled
- 8 oz mushrooms, cut in half if large
- 2 cups baby or regular bok choy
- 1 cup thinly sliced red cabbage
- ½ cup fresh bean sprouts
- ½ cup thinly sliced green onions
- Chopped fresh parsley (optional)
- Thinly sliced red radishes (optional)

DRY GOODS/PANTRY

- ¼ cup all-purpose flour
- 1 tsp salt
- ¼ tsp pepper
- 2 tsp dried marjoram leaves
- ¼ tsp crushed red pepper flakes
- ½ cup beef broth
- 2 Tbsp tomato paste
- ½ cup Korean barbecue sauce
- Brown rice
- 2 cups Burgundy or other dry red wine

FULL RECIPES

Classic Beef Bourguignonne

Korean Beef Skillet