



# BEEF SPAGHETTI RAGÙ - DINNER

# GREEK PITA POCKETS - LUNCH










COOK IT ONCE, EAT IT TWICE

Tonight's dinner extras transform into tomorrow's lunch.

<b>DINNER</b>	<b>TOTAL: 50 MIN</b>	<b>CALORIES: 910</b>
<b>LUNCH</b>	<b>TOTAL: 15 MIN</b>	<b>CALORIES: 710</b>

INGREDIENTS FOR: 2-person | 4-person

- |  |   |   |   |   |  |   |  |
|--|---|---|---|---|--|---|--|
| <br>Red Onion<br>1   1            | <br>Feta Cheese<br>(Contains: Milk)<br>½ Cup   ½ Cup | <br>Panko<br>Breadcrumbs<br>(Contains: Wheat)<br>¼ Cup   ¼ Cup | <br>Ground Beef*<br>20 oz   30 oz        | <br>Za'atar<br>1 TBSP   1 TBSP                     | <br>Crushed<br>Tomatoes<br>13.76 oz   27.52 oz      | <br>Parmesan Cheese<br>(Contains: Milk)<br>½ Cup   1 Cup | <br>Sour Cream<br>(Contains: Milk)<br>4 TBSP   4 TBSP |
| <br>Garlic<br>2 Cloves   4 Cloves | <br>Cremini<br>Mushrooms<br>4 oz   8 oz              | <br>Persian<br>Cucumber<br>1   1                               | <br>Tuscan Heat Spice<br>1 TBSP   2 TBSP | <br>Spaghetti<br>(Contains: Wheat)<br>6 oz   12 oz | <br>Whole Wheat Pitas<br>(Contains: Wheat)<br>2   2 | <br>Carrot<br>1   2                                      |  |



**BUST OUT** • Aluminum foil • Baking sheet • Large pot • Peeler • Large bowl • Medium pot • Paper towels • Strainer • 4 Reusable containers • Small bowl • 2 Zip-close bags • Olive oil (2 tsp | 4 tsp) • Vegetable oil (1 tsp | 2 tsp) • Butter (1 TBSP | 2 TBSP) (Contains: Milk)

\* Beef is fully cooked when internal temperature reaches 160 degrees.



## DINNER



### 1 PREP

Place a foil-lined baking sheet on middle rack and preheat oven to 425 degrees. Bring a large pot of **salted water** to a boil. **Wash and dry all produce.** Quarter and peel **onion**; finely dice three quarters and thinly slice remaining. Mince **garlic**. Finely chop **feta**. Quarter **mushrooms**. Peel and trim **carrot**, then finely chop. Thinly slice **cucumber** into rounds.



### 2 MAKE MEATBALLS

In a large bowl, combine **panko**, **za'atar**, half the **beef**, half the **garlic**, half the **feta**, **2 TBSP diced onion**, and a couple pinches of **salt** and **pepper**. Form into 8 equal-sized meatballs. Drizzle lined baking sheet with **olive oil**. Place meatballs on prepared sheet. Bake until browned and cooked through, about 20 minutes. Remove from oven and cool.



### 3 START RAGÙ

Meanwhile, heat a drizzle of **oil** in a medium pot over medium-high heat. Add remaining **beef**; season with **salt** and **pepper**. Cook, stirring, until browned, 6-8 minutes. Turn off heat; transfer to a paper-towel-lined plate. Drain off and discard any excess fat. Add **mushrooms** and **carrot** to pot. Cook over medium-high heat, stirring, until slightly softened, about 5 minutes.



### 4 FINISH RAGÙ

Add remaining **diced onion** and remaining **garlic** to pot. Cook, stirring, until slightly softened, about 3 minutes. Add reserved **beef**, **Tuscan Heat Spice**, **tomatoes**,  $\frac{3}{4}$  **cup water**, and **salt**. Bring to a simmer, then reduce heat to medium low and cook, scraping up any browned bits from bottom of pot, until thickened, about 10 minutes.



### 5 FINISH AND SERVE DINNER

Meanwhile, add **spaghetti** to boiling water. Cook until al dente, 9-11 minutes. Drain pasta, then stir into cooked **ragù**. Turn off heat. Stir in half the **Parmesan**, **1 TBSP butter**, **salt**, and **pepper**. Divide between plates. Sprinkle with remaining Parmesan.

## LUNCH



### 6 MAKE LUNCH FOR TWO

Halve **pitas** crosswise. In a small bowl, combine **sour cream**, a drizzle of **olive oil**, and as much remaining **feta** as you like; season with **salt** and **pepper**. Divide **meatballs** between 2 reusable containers. Divide sour cream sauce between 2 more reusable containers. Pack pitas, **cucumber**, and **sliced onion** in 2 zip-close bags. Just before eating, warm meatballs in microwave. Stuff pitas with meatballs, cucumber, and onion; drizzle with sauce.