



BEEF RAGU AND CAVATAPPI - DINNER LOADED BAKED POTATO - LUNCH



COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 55 MIN	CALORIES: 880
LUNCH	TOTAL: 10 MIN	CALORIES: 840

INGREDIENTS FOR: 2-person | 4-person

 Russet Potatoes 2 2	 Yellow Onion 1 2	 Ground Beef 20 oz 30 oz	 Italian Seasoning 1 TBSP 2 TBSP	 Beef Stock Concentrate 1 2	 Parmesan Cheese (Contains: Milk) ¼ Cup ½ Cup	 Sour Cream (Contains: Milk) 4 TBSP 4 TBSP	 Monterey Jack Cheese (Contains: Milk) ½ Cup ½ Cup
 Zucchini 2 3	 Garlic 2 Cloves 4 Cloves	 Chili Flakes 1 tsp 1 tsp	 Crushed Tomatoes 13.76 oz 13.76 oz	 Cavatappi Pasta (Contains: Wheat) 6 oz 12 oz	 Tomato Paste 3 TBSP 6 TBSP	 Hot Sauce 2 tsp 2 tsp	

BUST OUT • Medium pot • Baking sheet • Large pan • Strainer • 2 Reusable containers
• Vegetable oil (1 TBSP | 2 TBSP) • Butter (2 TBSP | 4 TBSP) (Contains: Milk)



1 BAKE POTATOES

Adjust rack to middle position; preheat oven to 425 degrees. Bring a medium pot of **salted water** to a boil. **Wash and dry all produce.** Using a fork, poke holes all over **potatoes**, then rub skin with a drizzle of **oil**, **salt**, and **pepper**. Place on a baking sheet and bake until tender when pierced with a knife, 50-60 minutes. Remove from oven.



2 PREP AND COOK BEEF

Meanwhile, halve, peel, and dice **onion**. Trim **zucchini**, then quarter lengthwise. Cut crosswise into 1/2-inch-thick pieces. Mince or grate **garlic**. Heat a large drizzle of **oil** in a large pan over medium-high heat. Add onion and **beef**. Cook, breaking up meat into pieces, until browned, 4-6 minutes. Season with **salt** and **pepper**.



3 MAKE RAGU

If needed, pour out and discard any excess fat from pan, then stir in **zucchini**. Cook, stirring occasionally, until slightly softened, about 5 minutes. (**TIP:** If pan seems dry, add another drizzle of oil.) Add **garlic**, **tomato paste**, and **Italian Seasoning**. Cook, stirring, until fragrant, 1-2 minutes. Add **tomatoes** and their liquid, **stock concentrate**, **1 cup water**, **salt**, and **pepper**. Bring to a boil, then reduce heat to low. Cook, stirring, until slightly thickened, 3-4 minutes. Season with salt and pepper.



4 COOK PASTA

Meanwhile, add **cavatappi** to pot of boiling water. Cook until al dente, 9-11 minutes. Reserve **1 cup pasta cooking water**, then drain well and return to pot. Stir in **2 TBSP butter** until melted.



5 FINISH DINNER

Stir half the **ragu** into pot with **pasta**. (**TIP:** If mixture seems thick, stir in reserved cooking water, 1 TBSP at a time, until saucy.) Taste and season with **salt** and **pepper**. Divide finished pasta between bowls. Sprinkle with **Parmesan** and **chili flakes** (to taste).

LUNCH



6 MAKE LUNCH

Once **potatoes** are cool enough to handle, halve lengthwise, stopping 3/4 of the way through. Gently pull potatoes open, season with **salt** and **pepper**, then divide between reusable containers. Top with remaining **ragu** and refrigerate overnight. Pack **sour cream**, **cheese**, and **hot sauce** with lunch. When ready to eat, microwave potatoes on high until heated through, 1-2 minutes. Dollop with sour cream, sprinkle with cheese, and drizzle with hot sauce (to taste).

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