



BEEF SPAGHETTI RAGÙ - DINNER

GREEK PITA POCKETS - LUNCH



COOK IT ONCE, EAT IT TWICE

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

DINNER	TOTAL: 50 MIN	CALORIES: 910
LUNCH	TOTAL: 15 MIN	CALORIES: 710

INGREDIENTS FOR: 2-person | 4-person

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|--|---|---|---|---|--|---|--|
| 
Red Onion
1 1 | 
Feta Cheese
(Contains: Milk)
½ Cup ½ Cup | 
Panko
Breadcrumbs
(Contains: Wheat)
¼ Cup ¼ Cup | 
Ground Beef*
20 oz 30 oz | 
Za'atar
1 TBSP 1 TBSP | 
Crushed
Tomatoes
13.76 oz 27.52 oz | 
Parmesan Cheese
(Contains: Milk)
½ Cup 1 Cup | 
Sour Cream
(Contains: Milk)
4 TBSP 4 TBSP |
| 
Garlic
2 Cloves 4 Cloves | 
Cremini
Mushrooms
4 oz 8 oz | 
Persian
Cucumber
1 1 | 
Tuscan Heat Spice
1 TBSP 2 TBSP | 
Spaghetti
(Contains: Wheat)
6 oz 12 oz | 
Whole Wheat Pitas
(Contains: Wheat)
2 2 | 
Carrot
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**, $\frac{2}{3}$ **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.