

Cook Set 3 Shopping List

Salisbury Steak Meatballs • Braised Beef Tips in Gravy • Stovetop Mac and Cheese • Cream Cheese Mashed Potatoes • Cheesy Broccoli

BEFORE YOU SHOP

Kosher salt, black pepper, olive oil, and neutral oil repeat across almost every recipe in this system. Check your pantry before you shop, most kitchens already have these on hand in the quantities needed here.

COOK SET 3 — COMFORT FOOD CLASSICS

Salisbury Steak Meatballs

Makes 4 portions (1-cup mold) • Post #92177

MEATBALLS

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| ☐ ½ cup plain panko breadcrumbs | ☐ 1 teaspoon garlic powder |
| ☐ 1 large egg | ☐ 1 teaspoon kosher salt |
| ☐ 1 tablespoon ketchup | ☐ ½ teaspoon ground black pepper |
| ☐ 2 teaspoons Worcestershire sauce | ☐ 1 pound ground beef |
| ☐ 1 teaspoon onion powder | ☐ 1 tablespoon avocado oil |

GRAVY

- | | |
|--|---|
| ☐ 8 ounces cremini or white mushrooms, sliced | ☐ 2½ cups beef broth |
| ☐ 2 tablespoons butter | ☐ 2 packets brown gravy mix |
| ☐ 1 medium yellow onion, diced | ☐ 2 teaspoons Worcestershire sauce |
| ☐ 2 cloves garlic, minced | ☐ ½ teaspoon ground black pepper |

Braised Beef Tips in Gravy

Makes 6 servings (1-cup portions) · Post #92179

FOR THE BEEF

- ☐ 2 pounds beef chuck roast, boneless, trimmed, cut into 1½-inch pieces
- ☐ 2 teaspoons kosher salt, divided
- ☐ 1 teaspoon black pepper
- ☐ 2 tablespoons avocado oil

FOR THE BRAISING LIQUID

- ☐ 1 medium yellow onion, finely diced
- ☐ 3 cloves garlic, minced
- ☐ 2 tablespoons tomato paste
- ☐ 2½ cups low sodium beef broth
- ☐ 1 teaspoon Better Than Bouillon beef base
- ☐ 1 tablespoon Worcestershire sauce
- ☐ 2 teaspoons Italian seasoning
- ☐ 1 bay leaf

FOR THE GRAVY

- ☐ 2 tablespoons tapioca starch
- ☐ 2 tablespoons cold water

Stovetop Mac and Cheese

Makes 8 servings · Post #92178

PASTA

- ☐ 1 pound shellbow pasta
- ☐ 1 tablespoon kosher salt, for the pasta water

CHEESE SAUCE

- ☐ 4 tablespoons butter
- ☐ 3 tablespoons all-purpose flour
- ☐ 2 (12-ounce) cans evaporated milk
- ☐ ½ cup half-and-half
- ☐ 1½ teaspoons kosher salt
- ☐ 1½ teaspoons garlic powder
- ☐ 1 teaspoon mustard powder
- ☐ 1 teaspoon black pepper
- ☐ ½ teaspoon paprika
- ☐ 4 ounces American cheese, chopped or torn
- ☐ 8 ounces sharp cheddar cheese, shredded
- ☐ 8 ounces Colby Jack cheese, shredded

Cream Cheese Mashed Potatoes

Makes 8 servings (½-cup portions) · Post #92180

POTATOES

- ☐ 2 pounds Yukon Gold potatoes, peeled, cut into 1-inch chunks
- ☐ 2 teaspoons kosher salt, for the cooking water

CREAM CHEESE MIXTURE

- ☐ 4 tablespoons unsalted butter, cubed
- ☐ ¾ cup half and half
- ☐ 4 ounces cream cheese, softened and cubed
- ☐ 1 teaspoon kosher salt
- ☐ ½ teaspoon black pepper

Cheesy Broccoli

Makes 6 servings (1-cup portions) · Post #92181

BROCCOLI

- ☐ 6 cups fresh broccoli florets, cut into 1-inch pieces

CHEESE SAUCE

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| ☐ 2 tablespoons butter | ☐ 1 teaspoon kosher salt |
| ☐ 2 tablespoons all-purpose flour | ☐ ½ teaspoon black pepper |
| ☐ 1 (12-ounce) can evaporated milk | ☐ 2 ounces cream cheese, softened and cubed |
| ☐ 1 teaspoon garlic powder | ☐ 6 ounces sharp cheddar cheese, freshly shredded |