



# Grocery and Equipment list for: Beef and Broccoli Stir Fry and Singapore Noodles with Vegetables

## Beef and Broccoli Stir Fry

### **Fridge:**

1 bunch broccoli  
1-1½ lb boneless sirloin or ribeye steaks (2 medium steaks)  
**OR** 400-gram package of extra firm tofu  
2 green onions  
2 Tablespoons freshly squeezed orange juice  
Low sodium tamari  
Rice vinegar  
Sesame seeds  
Sriracha  
Toasted sesame oil

### **Pantry:**

2 cloves garlic  
Avocado oil (Chosen Foods brand) or canola oil  
Brown sugar  
Cornstarch  
Small piece of fresh ginger

### **Equipment:**

Cutting board  
Knife  
Large non-stick frying pan or wok with lid  
Measuring cups and spoons  
Serving platter  
Small saucepan  
Small whisk  
Stove top  
Tongs

# Grocery and Equipment list for: Beef and Broccoli Stir Fry and Singapore Noodles with Vegetables

## Singapore Noodles with Vegetables

### Fridge:

- 1 carrot (can buy pre-julienned)
- 1 cup shitake mushrooms
- 1 red bell pepper
- 2 green onions
- 2 leeks
- Low sodium tamari
- Rice vinegar
- Sambal Oelek (chili garlic sauce)
- Toasted sesame oil



### Pantry:

- 2 garlic cloves
- 225–250-gram package thin vermicelli rice noodles
- Avocado oil (Chosen Foods brand) or canola oil
- Curry powder
- Small piece of fresh ginger
- Granulated sugar
- Roasted peanuts (optional)
- Vegetable stock

### Freezer:

- 1 cup shelled edamame

### Equipment:

- Bowl and Kettle to soak rice noodles
- Cutting board
- Knife
- Large wok or non-stick frying pan
- Measuring cups and spoons
- Serving platter
- Small bowl
- Small whisk
- Stovetop
- Tongs

