Here are the steps to create a CRUD app with React, Node/Express, Mongoose and MongoDB:

1. Set up Node/Express server

* Initialize Node project: npm init
* Install dependencies: npm install express mongoose
* Create server.js and require express and mongoose
* Connect to MongoDB using mongoose
* Set up routes for CRUD operations

1. Create React App

* Install create-react-app: npm install -g create-react-app
* Create app: create-react-app my-app
* Install Axios for API calls: npm install axios

1. Create React components

* Create components for each CRUD operation: List, Create, Edit, Delete
* Use React Router for navigation

1. Connect React to API

* Use Axios in React components to make API calls
* Perform CRUD operations from React by calling API routes

1. Create API routes

* In server.js create routes for each operation
* Use mongoose models and methods to perform CRUD operations
* Return response to client

1. Test and refine

* Use Postman to test API routes
* Debug and ensure each operation works properly
* Add input validation and error handling

1. Deploy

* Build React app: npm run build
* Deploy React and Node/Express server