

GROCERY LIST



PROTEIN

- 1 beef Brisket Flat Half (2 ¼ - 3 ½ lbs.)
- 1 beef Shoulder Roast Boneless (2 ½ lbs.)
- 2 lbs. beef tips (cubed sirloin) or cubed beef stew meat (1- to 2-inch pieces)

PRODUCE

- 4 c. chopped onions
- 3 Tbsp. minced garlic
- ¼ c. chopped fresh cilantro leaves
- 2 c. broccoli slaw
- 8 oz. fresh mushrooms (cremini or white button), sliced or coarsely diced
- Potatoes, mashed
- 1 ripe avocado, thinly sliced (optional garnish)
- Snipped fresh parsley (optional garnish)

DRY GOODS/PANTRY

- 1 Tbsp. olive oil
- 2 Tbsp. ground cumin
- 2 tsp. dried thyme
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1 ½ tsp. salt
- ¾ tsp. black pepper
- 2 to 4 Tbsp. cornstarch
- 3 cans (14 – 14 ½ oz.) unsalted beef broth
- 2 ½ c. reduced-sodium beef broth
- 1 jar (16 oz.) Herdez® Casera Salsa
- 1 can (14 ½ oz.) no-salt-added diced tomatoes
- 1 can (14 ½ oz.) diced tomatoes with green peppers & onions
- ¼ c. tomato paste
- 2 Tbsp. hot pepper sauce
- Crunchy tortilla strips (optional garnish)

FULL RECIPES

[Beef Tortilla Soup](#)

[Slow-Cooker Beef Pot Roast Soup](#)

[Crockpot Beef Tips & Gravy](#)

REFRIGERATOR

- Butter (for mashed potatoes)
- Milk (for mashed potatoes)
- 2 c. frozen corn
- 1 c. frozen hash brown potatoes (cubes)
- ½ c. frozen peas
- 1 (12 oz.) bag frozen pearl onions
- ½ c. finely shredded cheddar cheese (optional garnish)