GROCERY LIST



PROTEIN

- 1 beef Tri-Tip Roast (1-1/2 pounds)
- 1 beef Flat Iron Steak, about 1-1/2 pounds
- 1 beef Flank Steak (approx. 1-1/2 pounds)

PRODUCE

- 1-1/2 cups coleslaw mix
- 2 red pepper,
- 1 cup green onions
- Fresh cilantro leaves
- Cucumbers
- 1 teaspoon minced garlic
- 1 teaspoon minced fresh ginger
- 1 tablespoon minced garlic
- 4 limes
- Cilantro sprigs (optional)

DRY GOODS/PANTRY

- Salt
- Pepper
- 1 cup hickory-flavored barbecue sauce
- 1 tablespoon chipotle peppers in adobo sauce
- 3/4 cup crushed corn tortilla chips or homemade tortilla strips
- 1/3 cup coleslaw dressing
- 1/2 cup vegetable oil
- 1/2 teaspoon toasted sesame seeds
- 1/4 cup soy sauce
- 2 tablespoons packed brown sugar
- 1-1/2 tablespoons dark sesame oil
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon jalapeno hot pepper sauce or 1 teaspoon hot pepper sauce
- 1-1/4 teaspoons ground cumin

REFRIGERATOR

- 18 baked low-fat buttermilk biscuits (about 2 to 2-1/2-inch diameter)
- 12 refrigerated wonton wrappers

FULL RECIPES: BBQ Beef Brisket Sliders

Sesame Flat Iron Steak Wonton Crisps

Skewerd Southwest Steak