

## PROTEIN

- 12 oz. cooked Corned Beef or thickly sliced deli Corned Beef, cut into 1/4-in. pieces
- 2 lbs. ground beef (93% or leaner)

## PRODUCE

- 4 c. cubed potatoes (red-skinned, baking, or sweet potatoes)
- 2 medium leeks, thinly sliced
- 1 c. chopped fresh vegetables (i.e., tomato, baby spinach, bell pepper, zucchini, green onion, etc.)
- 4 t. chopped fresh sage or 1 t. rubbed sage

## DRY GOODS/PANTRY

- 1 - 2 T. vegetable oil
- 1/2 t. garlic salt
- 2 t. garlic powder
- 2 t. onion powder
- 2 T. olive oil
- 1/4 c. flour
- 1 t. salt
- 1/4 t. pepper
- 1 t. crushed red pepper
- Salsa, siracha, ketchup (optional)

## REFRIGERATOR

- 8 large eggs
- 6 c. skim milk
- 1/2 c. shredded reduced-fat cheese of choice
- Additional eggs to fry or poach (optional)
- Sour cream (optional)
- Warmed buttermilk biscuits (optional)

## FULL RECIPES

[Corned Beef Hash](#)

[Beef Sausage Gravy](#)

[Beef & Egg Breakfast Mugs](#)