

PROTEIN

- 1 lb. beef Top Round Steak, cut $\frac{3}{4}$ in. thick
- 3 – 3 $\frac{1}{2}$ lbs. beef Shoulder Roast Boneless
- 1 lb. Ground Beef (96% lean)

PRODUCE

- $\frac{1}{4}$ c. fresh lime juice
- 1 c. yellow, green, or red bell pepper
- 1 $\frac{3}{4}$ c. chopped onion
- 3 lbs. sweet potatoes
- 1 T. chopped fresh thyme
- 1 T. + 2 t. minced garlic
- 1 t. minced fresh ginger

DRY GOODS/PANTRY

- 4 T. lightly packed brown sugar
- 2 T. vegetable oil
- 1 can or bottle (12 oz.) 100% vegetable juice
- 2 T. Worcestershire sauce
- 2 t. olive oil
- 1 $\frac{1}{2}$ t. salt
- $\frac{3}{4}$ t. pepper, divided
- 1 c. unsalted beef broth
- $\frac{3}{4}$ c. apple cider
- 2 T. maple syrup
- 2 T. cornstarch
- 4 whole wheat hamburger buns, split
- 2 T. brandy (optional)

FULL RECIPES

[Tangy Lime Grilled Beef Top Round Steak](#)

[Beef Pot Roast with Cider Gravy and Maple Sweet Potatoes](#)

[Beefy Sweet & Sloppy Joes](#)