

PROTEIN

- 2 ½ lbs. ground beef (93% or leaner)
- 4 oz. smoked beef sausage
- 1 ½ lbs. flank steak

PRODUCE

- Minced garlic
- Fresh parsley
- 1 ½ lbs. baby potatoes
- 1 lb. asparagus

DRY GOODS/PANTRY

- 1 can (14-1/2 oz.) Italian-style stewed tomatoes, undrained
- 4 c. reduced sodium beef broth
- 1 jar (26 oz.) prepared pasta or marinara sauce
- 1 box uncooked large elbow macaroni
- Olive oil
- Salt
- Pepper
- Ground nutmeg

REFRIGERATOR

- 1 bag frozen mixed vegetables
- 1 pkg. (20-25 oz.) refrigerated or frozen cheese ravioli
- 1 bag shredded Italian cheese blend
- ½ c. shredded parmesan cheese

FULL RECIPES:

[Beefy Harvest Soup](#)

[Lazy Beef Lasagna](#)

[Sheet Pan Parmesan Steak & Potatoes](#)