

GROCERY LIST



PROTEIN

- 3 lb. ground beef (85% or leaner)

PRODUCE

- ½ medium yellow onion
- 2 large bell peppers
- 2 zucchini or yellow squash
- 2 cloves garlic
- Fresh basil leaves

DRY GOODS/PANTRY

- Olive oil
- Dried minced onion
- 24 ounces pasta sauce
- ½ cup tomato sauce
- Dried oregano leaves
- Dried basil
- Garlic powder
- Crushed red pepper flakes
- Italian seasoning
- 8 ounces pasta, penne, rigatoni or farfalle
- Salt
- Freshly ground black pepper
- Olive oil
- Taco seasoning (or make homemade)
- 2 tbsp. green chiles
- 1 15-oz. can black beans
- 1 cup quick-cooking brown or white rice
- 1 ½ cups beef broth
- 1 can (14 ½ ounces) reduced-sodium beef broth
- 1 cup uncooked whole wheat pasta
- 1 can (14 ½ ounces) no-salt added diced tomatoes

REFRIDGERATOR

- ¼ cup freshly grated parmesan cheese
- ¾ cups shredded mozzarella cheese
- ½ cup ricotta cheese
- ½ cup Mexican shredded cheddar cheese

FULL RECIPES:

[Lasagna Skillet](#)

[Mexican Taco Skillet](#)

[Ground Beef and Pasta Primavera](#)