

GROCERY LIST



PROTEIN

- 3 ½ lbs. Ground Beef

PRODUCE

- ½ cup minced onion
- ½ cup chopped onion
- 2 tsp minced garlic
- ¾ cup chopped bell pepper

DRY GOODS/PANTRY

- ¾ cup panko breadcrumbs
- 1 ¼ cup ketchup
- 1 Tbsp Worcestershire sauce
- 1 tsp dried thyme
- 1 Tbsp + ¾ tsp black pepper
- 1 ½ tsp salt
- 1 ½ tsp ground cumin
- 1 ½ tsp paprika
- 1 ½ tsp ground ancho chilies
- 1 ½ tsp ground guajillo chiles
- 1 tsp chili powder
- 1 tsp hot pepper sauce
- 1 can (10 oz) red enchilada sauce
- ½ cup masa harina (corn flour)

REFRIGERATOR

- 2 eggs
- ½ cup shredded Cheddar cheese

FULL RECIPES

[Classic Beef Meatloaf](#)

[Enchilada Meatloaf](#)