

PROTEIN

- 2 lbs. ground beef (96% lean)
- 1 lb. beef Cubed Steaks, cut ½ inch thick

PRODUCE

- 2 zucchini or yellow squash
- Half white onion
- ¾ cup bell pepper
- Shredded lettuce (optional topping)
- Diced tomatoes (optional topping)
- Avocado (optional topping)

DRY GOODS/PANTRY

- 1 (14.5 oz) can reduced-sodium beef broth
- 1 can (14.5 oz) no-salt added diced tomatoes
- 1 cup uncooked whole wheat pasta
- 1½ tsp. Italian seasoning
- 1 tsp. salt
- 1 tsp. pepper
- 1 Tbsp. vegetable oil
- 10 oz. corn or flour tortillas (about 9 tortillas, cut in half)
- 15 oz. enchilada sauce
- 15 oz. can refried black beans
- 6 cups ridged potato chips (any flavor)
- 1/3 cup all-purpose flour
- Dipping sauce – ranch, Thousand Island, mustard, ketchup, BBQ (optional)

REFRIGERATOR

- 3 cups (12 oz) shredded cheddar cheese
- Sour cream (optional topping)
- 2 large eggs, slightly beaten

FULL RECIPES

[Ground Beef & Pasta Skillet Primavera](#)

[Cheesy Ground Beef Enchilada Casserole](#)

[Popcorn Steak Bites](#)