

GROCERY LIST



PROTEIN

- 2 lbs beef Stew Meat, cut into 1½ inch pieces
- 1 lb lean Ground Beef

PRODUCE

- 2 onions
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup chopped Yukon Gold potatoes
- 8 garlic cloves
- 2 Tbsp chopped fresh parsley
- Mixed green salad (optional)

DRY GOODS/PANTRY

- 1 Tbsp Worcestershire sauce
- 1 packet (0.87 oz) brown gravy mix
- 3 bay leaves
- 2 tsp salt + more to taste
- 1 tsp finely ground black pepper + more to taste
- 1 ¾ tsp dried basil
- ¾ tsp dried oregano
- 1 tsp dried rosemary
- 1 tsp dried thyme
- 3 cups flour
- 1 cup beef tallow
- 2 Tbsp olive oil
- 6 cups beef broth
- 1 can (6 oz) tomato paste + 2½ Tbsp
- 1 (14.5 oz) can petite diced tomatoes
- 1 (14.5 oz) can crushed tomatoes
- 8 lasagna noodles, broken

REFRIGERATOR

- ½ cup frozen peas
- 1 egg
- 1 cup cold butter, cut into pieces
- 1 ¼ cups (5 oz) shredded mozzarella cheese
- ½ cup (2 oz) finely shredded parmesan cheese
- 8 oz ricotta cheese
- Heavy cream (optional)

FULL RECIPES

[Beef Pot Pie](#)

[Beef Tallow Pie Crust](#)

[Lasagna Soup](#)