

PROTEIN

- 2 lbs. Ground Beef (93% lean or leaner)
- 1 package (17 oz.) refrigerated fully cooked boneless beef pot roast with gravy

PRODUCE

- 2 Tbsp. finely chopped onion
- ½ c. minced onion
- 1 Tbsp. minced garlic
- 4 medium orange bell peppers
- Chopped fresh parsley (optional)

DRY GOODS/PANTRY

- ½ c. soft breadcrumbs
- 1 tsp. salt
- 1/8 tsp. + ¼ tsp. black pepper
- 1 jar (26-30 oz.) spaghetti sauce
- 8 oz. uncooked spaghetti, cooked (*black bean, squid ink, or charcoal noodles*)
- 1 can (14.5 oz.) diced tomatoes with green peppers and onions, drained
- *1 can sliced black olives*
- ½ c. cooked white or brown rice
- 3 Tbsp. tomato paste
- 2 tsp. dried parsley
- ½ tsp. dried thyme leaves, crushed

REFRIGERATOR

- 1 large egg
- 1 package (24 oz.) refrigerated mashed potatoes
- 1 ½ c. shredded Italian blend cheese
- 2 c. frozen mixed vegetables
- Grated Parmesan cheese (optional)
- *1 container bocconcini (small mozzarella balls)*

FULL RECIPES

[Classic Spaghetti & Meatballs](#)

[Classic Beef-Stuffed Peppers](#)

[Hearty Shepard's Pot Roast Pie](#)

**Extra ingredients for making it Halloween-style*