

## PROTEIN

- 2-3 lbs. Beef Roast (Chuck Roast, Shoulder Roast, Bottom Round Roast, etc.)

## PRODUCE

- 1 large onion, chopped
- 2 Tbsp. minced garlic
- Sweet Potatoes
- Green beans
- Coleslaw mix
- Sliced avocado (optional)
- Chopped cilantro (optional)

## DRY GOODS/PANTRY

- ½ cup beef broth
- Barbecue sauce
- Coleslaw dressing
- Canned French-fried onions
- Red or green salsa
- Flour or corn tortillas
- Bread rolls
- Salt
- Pepper

## REFRIGERATOR

- Pico de gallo (optional)
- Shredded cheese (optional)

## FULL RECIPES

[BBQ Shredded Beef](#)

[Mexican Shredded Beef](#)