

# GROCERY LIST



## PROTEIN

- 2.5 lbs. Ground Beef (93% lean or leaner)
- 3 lbs. beef Stew Meat, cut into 1 to 1.5 in. pieces

## PRODUCE

- 2 small onions, finely chopped
- 2 medium sweet onions
- 2 red bell peppers
- 2 garlic cloves + 2 Tbsp. minced
- Fresh cilantro

## DRY GOODS/PANTRY

- 3 cans (8 oz) tomato sauce, divided
- 1 Tbsp. tomato paste
- ½ cup no-salt added tomato paste
- 1 can (14.5 oz) unsalted diced tomatoes
- 1 can (4 oz) diced green chilies
- 1 can (15 oz) reduced-sodium black beans
- 1 cup soft breadcrumbs
- 2 tsp. Worcestershire sauce
- 1 tsp. dried thyme leaves, crushed
- ½ tsp. garlic salt
- Salt
- ¼ tsp. pepper
- ¼ cup + 1 Tbsp. packed brown sugar
- 1 tsp. dry mustard
- ½ tsp. smoked paprika
- ¼ tsp. ground allspice
- ¼ tsp. ground cloves
- 2 Tbsp. chili powder
- 1/3 cup distilled white vinegar
- 1 Tbsp. extra-virgin olive oil
- 1 cup + 1 can (14.5 oz) reduced-sodium beef broth
- 1/3 cup reduced-sodium soy sauce
- 8-10 French bread rolls, split

## REFRIGERATOR

- 1 egg
- Shredded cheese of choice
- Sour cream (optional)

## FULL RECIPES

[Meatloaf and Sweet & Spicy Ketchup](#)

[Sweet Onion & Pepper Beef Sandwiches with Au Jus](#)

[Beef Chili](#)