

Big Batch Beef

SHOPPING LIST



MEAL PREP FOR



Big Batch Beef



So Simple Korean Beef



Golden Rice & Beef



Cheeseburger Roll Ups

PRODUCE

4 LB (2 KG) EXTRA LEAN OR LEAN GROUND BEEF
MUSHROOMS (1 CUP / 250 ML)
ONIONS (6 MEDIUM)
CARROTS (2 CUPS MATCHSTICK OR 2 LARGE CARROTS)
1 BULB GARLIC
1 BUNCH GREEN ONIONS
1 HEAD BIBB (OR OTHER) LETTUCE
1 RED PEPPER
1 ENGLISH CUCUMBER

FREEZER

FROZEN DICED GREEN BEANS (1 CUP / 250 ML)

GROCERY

1 CAN MIXED BEANS (19 OZ / 540 ML)
JASMINE RICE (1 CUP / 250 ML)
PICKLES (2 PICKLES)
BEEF BROTH (2 ¼ CUPS / 550 ML)
HOISIN SAUCE (¼ CUP / 50 ML)

DAIRY

CHEDDAR CHEESE (½ CUP / 125 ML SHREDDED)
RICOTTA CHEESE (½ CUP / 125 ML)
BUTTER

BAKERY

8-INCH WHOLE WHEAT TORTILLAS (4)

PANTRY ITEMS

SPICES: GROUND CUMIN, TURMERIC, CARDAMOM,
RED PEPPER FLAKES, CINNAMON, NUTMEG
KETCHUP
MUSTARD
LIQUID HONEY
SALT AND PEPPER
CANOLA OIL