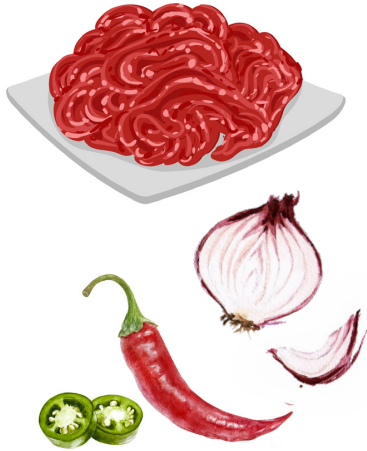


BEEF



Beef Taco Night *and* **Cottage Pie**

Produce

Lettuce, shredded, 3 ounces (1 cup)
Limes, 2 ½
Onion, red, ½
Parsley, 8 stems
Potatoes, Yukon Gold, 1 ½ pounds
Tomato, 1 large

Prepared Foods

Guacamole, 8.5 ounces (½ cup)

Meat

Beef, ground, 4 pounds

Dairy

Butter, salted, 2 tablespoons
Cheddar cheese, shredded, 4 ounces (1 cup)
Heavy cream or milk, 2 fluid ounces (¼ cup)
Sour cream, 4.2 ounces (½ cup)

Frozen Foods

Peas and carrots, 1 (10-ounce) package

Pantry

Beans, refried, 1 (16-ounce) can
Hard taco shells, 8
Jalapeños, pickled, sliced, ½ cup
Olive oil, extra-virgin, 3 tablespoons
Red wine, 4 fluid ounces (½ cup)
Rice, white, uncooked, 6.3 ounces (1 cup)
Tomato paste, 2 tablespoons
Tomatoes and green chiles (such as Ro-Tel),
diced, 1 (10-ounce) can

Seasonings

Chili powder, mild, 1 tablespoon
Cumin, ground, 1 tablespoon, plus
½ teaspoon
Garlic powder, 1 ½ teaspoons
Italian seasoning, 2 teaspoons
Oregano, dried, 1 teaspoon