

BEEF



Beef Enchilada Casserole

and

Teriyaki Ground Beef Stir Fry



Produce

Avocado, 1
Bell pepper, yellow, 1
Broccoli, 1 large head (or about 4 cups florets)
Carrots, shredded, 12 ounces (2 cups)
Cilantro, 8 stems
Mushrooms, 8 ounces
Onion, red, ½

Meat

Ground beef, 3 pounds

Dairy

Cheddar cheese, shredded, 11.9 ounces (3 cups)
Sour cream, 2.1 ounces (¼ cup)

Pantry

Broth, beef, 8 fluid ounces (1 cup)
Coconut aminos, 8 fluid ounces (1 cup)
Enchilada sauce, 1 (15-ounce) can
Rice, white, uncooked, 6.3 ounces (1 cup)
Sesame oil, toasted, 1 teaspoon
Tortillas, corn, 12

Seasonings

Garlic powder, ½ teaspoon
Ginger, ground, 1 teaspoon
Onion powder, ½ teaspoon
Oregano, dried, 1 teaspoon
Sesame seeds, white, 1 tablespoon