

BEEF



Hearty Beef and Veggie Stew *and* **Shredded Beef Tostadas**

Produce

Avocado, 1
Carrots, whole, 1 pound
Cilantro, ¼ bunch
Garlic cloves, 4
Lemon, 1
Lettuce, shredded, 3 ounces (1 cup)
Lime, 1
Onion, yellow, ½
Parsley, chopped, ¼ bunch
Potatoes, Yukon Gold, 1 pound
Rosemary, fresh, 2 sprigs
Thyme, fresh, 2 sprigs
Tomato, 1 medium

Meat

Beef, stew meat, 3 pounds

Dairy

Butter, salted, 2 tablespoons
Monterey Jack cheese, shredded, 3 ounces (¾ cup)

Frozen Foods

Green peas, 4.7 ounces (1 cup)

Pantry

Beans, refried, 9.2 ounces (1 cup)
Broth, beef, 24 fluid ounces (3 cups)
Olive oil, extra-virgin, 1 tablespoon
Red wine, 8 fluid ounces (1 cup)
*may substitute ½ cup balsamic vinegar
Salsa verde, 7.9 ounces (1 cup)
Tomato paste, 1 (6-ounce) can
Tortillas, flour or corn, 8

Seasonings

Bay leaves, 2
Cumin, ground, ½ teaspoon