

# **BEEF**



## **Beef Chili with Cheddar Corn Muffins**

*and*

## **Green Curry Beef Bowls**

### **Produce**

Broccoli florets, 1 pound  
Cilantro, ¼ bunch  
Green onions, finely chopped, 1 bunch  
Lime, 1  
Onion, red, ½

### **Meat**

Beef, stew meat, 4 pounds

### **Dairy**

Butter, salted, 2.6 ounces (1/3 cup)  
Egg, 1 large  
Milk, whole, 12 fluid ounces (1 ½ cups)  
Sharp cheddar cheese, shredded, 4 ounces (1 cup)  
Sour cream, 2.1 ounces (¼ cup)

### **Pantry**

Baking powder, 1 tablespoon  
Broth, beef, 12 fluid ounces (1 ½ cups)  
Coconut milk, full-fat, 1 (13.5-ounce) can  
Cornmeal, finely ground, 6.3 ounces (1 ½ cups)  
Flour, all-purpose, 2.3 ounces (1 cup)  
Ghee, 1 tablespoon \*may substitute extra-virgin olive oil  
Green curry paste, 1 (4-ounce) jar  
Honey, 3 ounces (¼ cup)  
Olive oil, extra-virgin, 1 tablespoon  
Pickled Jalapeños, sliced, ¼ cup  
Rice, white, uncooked, 6.3 ounces (1 cup)

### **Seasonings**

Chili powder, mild, 2 tablespoons  
Cumin, ground, 1 tablespoon  
Onion powder, 1 teaspoon