



spaghetti squash with meat sauce



beef fried rice

BEEF.

IT'S WHAT'S FOR DINNER.®

shopping list

MEAT

- 2 lbs of ground beef (93% lean)

PRODUCE

- Yellow onion (1 cup, chopped)
- Red bell peppers (1 cup, chopped)
- Green onions (3/4 cup, chopped)
- Garlic (1 tbsp, minced)
- Fresh ginger (1 tbsp, minced)
- Spaghetti squash (1 medium)
- Celery stalk (8 sticks, chopped)
- Crushed red pepper (1/4-1/2)
- Ground black pepper (1/4 tsp)

PANTRY

- Italian-style diced tomatoes (15oz)
- Tomato sauce (15oz)
- Tomato paste (6oz)
- Soy sauce (3 tbsp)

FROZEN

- Frozen snowpeas (1 cup)

GRAINS

- Brown rice (1 cup, yields 3 cups cooked)

Notes

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