

Stock the Freezer: Freezer Beef Shopping List

Pantry Staples

- cayenne pepper
- chili powder
- cumin
- dried oregano
- Italian seasoning
- minced garlic
- olive oil
- salt and pepper

Produce

- 1 bell pepper
- 3-4 onions

Dairy/Refrigerated

- 2 eggs
- 1 cup milk
- 1/2 cup ricotta cheese
- 2 cups cheddar cheese

Meat

- 6.5 lb ground beef

International

- 1 cup salsa
- 1 packet taco seasoning
- 10 tortillas

Canned Goods

- 28 oz can crushed tomatoes
- 28 oz diced tomatoes
- 30 oz tomato sauce
- 15 oz can black beans
- 3 15 oz cans pinto beans
- 2 6 oz cans tomato paste

Other

- 2 cups bread crumbs
- 1/4 cup ketchup
- 1/2 cup ritz crackers