

Beef Mince Bedrock & Recipes

Shopping List

- 8x wraps, wholemeal
- 400g Flat rice noodles
- Hoisin Sauce
- 1 bag of capsicums (frozen)
- 4 onions
- Garlic
- 200g shelled edamame
- Beans
- Tomatoes x 3-4 medium
- 1x chili
- 50g Sesame Seeds
- 1.5 kg Beef Mince
- 1.5 c Rice
- Fresh Cilantro
- 2 carrots
- 100g lasagne pasta
- Cheese sauce mix
- 200g Cheese
- Chicken stock
- Tinned tomatoes, crushed and sieved
- 2x beef stock
- Greek yogurt, plain
- Sour Cream (light)

Pantry Staples

- Onion
- Garlic
- Rice
- Fresh Cilantro
- Beef Stock