



Grocery Shopping List:

Ground Beef Frugal Recipes

<p>Meats and Proteins:</p> <p><input type="checkbox"/> 1 egg</p> <p><input type="checkbox"/> 6 pounds ground beef</p> <p><input type="checkbox"/> 10 slices American cheese</p> <p><input type="checkbox"/> 2 cups Cheddar cheese</p> <p><input type="checkbox"/> 5 bacon strips</p>	<p>Vegetables/Fruits:</p> <p><input type="checkbox"/> 1 cup onion</p> <p><input type="checkbox"/> 2 teaspoons dried minced onion</p> <p><input type="checkbox"/> Shredded lettuce</p> <p><input type="checkbox"/> 1/3 cup dill pickle</p>
<p>Liquids:</p> <p><input type="checkbox"/> 2 (10.75 ounce) cans cream of chicken soup</p> <p><input type="checkbox"/> 4 (10.75 ounce) cans tomato soup</p> <p><input type="checkbox"/> 2/3 cup barbecue sauce</p>	<p>Spices:</p> <p><input type="checkbox"/> salt</p> <p><input type="checkbox"/> pepper</p> <p><input type="checkbox"/> 1/2 teaspoon celery salt</p> <p><input type="checkbox"/> 1/8 teaspoon garlic powder</p> <p><input type="checkbox"/> 1 (1.12 ounce) package taco seasoning mix</p>
<p>Other:</p> <p><input type="checkbox"/> 1 (32 ounce) package tater tots</p> <p><input type="checkbox"/> 1 cup Salsa</p> <p><input type="checkbox"/> 1 tablespoon mustard</p>	<p>Grains / Baking:</p> <p><input type="checkbox"/> 1/2 cup uncooked white rice</p> <p><input type="checkbox"/> 3 1/2 cups uncooked instant white rice</p> <p><input type="checkbox"/> 8 hamburger buns</p> <p><input type="checkbox"/> 1/4 cup brown sugar</p> <p><input type="checkbox"/> 1 (12 ounce) package wide egg noodles</p> <p><input type="checkbox"/> Tortilla chips</p>