

Grocery Shopping List: Ground Beef Frugal Recipes

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

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