

Meat

- 1 ½ lb ground beef
- 1 ½ pounds boneless skinless chicken breasts
- 1 ½ lb boneless beef round steak
- 1 (2 ½ pound) boneless beef chuck roast
- 3-pound boneless pork shoulder blade roast

Produce

- 3 green pepper (1 chopped & 2 ¾ -inch strips)
- 3 medium onion (1 chopped & 2 medium sliced)
- ½ cup celery, chopped
- 5 garlic cloves, finely chopped
- ¼ cup fresh lime juice (about 2 limes)
- ½ teaspoon finely chopped ginger (or ¼ teaspoon ground ginger)
- baby carrots
- Potatoes (to go with the pot roast)

Grocery

- chili powder
- dried thyme leaves
- paprika
- dried onion flakes
- brown sugar
- 1 packet of Ranch dressing mix (dry seasoning mix)
- 1 packet brown gravy mix
- cider vinegar (1 cup)
- ketchup (¾ cup)
- Worcestershire sauce
- soy sauce
- 1 28oz can of crushed tomatoes or sauce
- chicken bouillon (1 tablespoon)
- beef bouillon (2 tablespoon)
- 2 tablespoons butter or margarine
- 12 oz spaghetti or other pasta
- 2 cups shredded cheese (I use a Mexican mix)
- 12 rolls
- Cole Slaw
- cornstarch
- Rice

