

One Grocery List, Four Meals: Beef

List includes ingredients for Instant Pot Beef Brisket, Shredded Beef with Cabbage, Cumin Beef Cauliflower Rice Bowls and Beef & Mushrooms with Cauliflower Potato Mash

Produce

- 1 large onion
- 2 small onion
- 5 carrots
- 3 ribs celery
- 1 head garlic
- 1 med. head cauliflower
- 4 small red potatoes
- 16 oz. button or cremini mushrooms
- Fresh thyme
- 1 head red or green cabbage or 6 cups shredded coleslaw blend
- 1 lb. bite-sized potatoes
- 2 ripe avocados
- 1 Roma tomato
- 1 red onion
- 1 jalapeno
- 1 bunch cilantro
- 1-2 limes
- 4 c. riced cauliflower (can also be purchased in the freezer section)
- 1 c. salsa (could also be found in dairy or pantry sections)

Meat

- 6 lb. flat cut beef brisket

Dairy

- 6 Tbsp butter
- 5 Tbsp heavy cream

Pantry

- Salt
- Pepper
- Coconut oil or ghee
- Olive oil
- 2 Tbsp tomato paste
- 2 c. preservative-free beef or chicken broth
- 3 Tbsp tapioca flour
- Mustard seeds
- Caraway seeds
- Garlic powder
- Ground cumin
- Paprika
- 1 can (15-oz.) black beans
- 2 Tbsp apple cider vinegar



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Instant Pot Beef Brisket | Serves 12

Gluten free/Dairy free

This recipe serves 12 when served on its own, but we recommend making it for use in the following recipes: Shredded Beef with Cabbage, Cumin Beef Cauliflower Rice Bowls and Beef & Mushrooms with Cauliflower Potato Mash.

Ingredients:

6 lb. flat cut brisket, cut into 3-4 pieces and patted dry
2 Tbsp salt
1 Tbsp ground black pepper
1 Tbsp coconut oil or ghee
1 large onion, roughly chopped
3 carrots, cut into 1-inch pieces
3 ribs celery, cut into 1-inch pieces
3 cloves garlic, peeled and smashed
2 Tbsp tomato paste
1 c. preservative-free beef broth

Directions:

1. Season brisket with salt and pepper.
2. Select Instant Pot SAUTE function; melt the butter. Sear the brisket, in batches, until well browned on all sides. Remove meat; set aside. Add onion, carrot, celery, and garlic to the pot, cook until fragrant. Add tomato paste and cook briefly.
3. Stir in beef broth, scrape up any brown bits from the bottom. Return meat to the pot. Twist lid to seal.
4. Select MANUAL function and set timer for 70 minutes. Allow to naturally depressurize.

Tip: Divide beef into amount needed for recipes during the rest of the week or to freeze for future use. Thaw in the refrigerator overnight before using.

Prep for other meals while Beef Brisket is cooking:

Spend a couple of hours in the kitchen prepping the other three recipes while the meat cooks. Store prepped food in containers in the refrigerator until ready to use.

Shredded Beef with Cabbage

- Chop onion, carrots, garlic and cabbage. Alternatively, purchase coleslaw blend for already prepped cabbage.
- Roast potatoes if desired.



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Cumin Beef Cauliflower Rice Bowls

- Make the guacamole. Guacamole can be made 1-2 days ahead of time. To store, smooth flat into a storage container, press food-safe plastic wrap directly on top and cover tightly with a container lid. Over a few days, the surface may start to brown, but the rest of the guacamole will stay green.

Beef & Mushrooms with Cauliflower Potato Mash

- Chop onion and slice mushrooms.
- Make cauliflower potato mash, if desired.
- Reserve 1 cup of brisket cooking liquid to use in place of broth, if desired.



Shredded Beef with Cabbage | Serves 4

Gluten free/ To make dairy free, use coconut oil or ghee instead of butter

Ingredients:

2 Tbsp butter
1 small onion, chopped
2 carrots, shredded
1 tsp minced garlic
1 tsp mustard seeds
1 tsp caraway seeds
6 c. finely chopped cabbage (green or red)
½ tsp salt
½ tsp ground black pepper
2 Tbsp apple cider vinegar
16 oz. shredded Instant Pot Beef Brisket

Directions:

1. Melt butter in a large skillet over medium heat. Add onion, carrots, garlic, mustard and caraway seeds; cook until vegetables are softened and fragrant. Add cabbage, salt and pepper; cook, stirring occasionally, until cabbage cooks down slightly.
2. Add apple cider vinegar and beef; cook until beef is heated through and cabbage is tender. Adjust seasoning to taste.

Tip: To save even more prep time, look for pre-shredded cabbage (coleslaw mix) in the produce section.

To balance: Serve with roasted potatoes. Toss bite-sized potatoes with olive oil, salt and pepper, roast for 25-30 minutes at 375° F, until tender.



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Cumin Beef Cauliflower Rice Bowls | Serves 4

Gluten free/Dairy free

Ingredients:

Guacamole	1 tsp lime zest
2 ripe avocados, split in half and pit removed	1 Tbsp lime juice
1 Roma tomato, seeded and chopped	Salt to taste
¼ cup chopped red onion	1 tsp. olive oil
1 jalapeno, stem and seeds removed, finely chopped	16 oz. chopped Instant Pot Beef Brisket
1 Tbsp lime juice	2 tsp ground cumin
3 Tbsp chopped cilantro	1 tsp paprika
½ tsp minced garlic	1 tsp garlic powder
¼ tsp kosher salt	1 can (15-oz.) black beans, drained and rinsed
Cauliflower Rice	¾ c. water
1 tsp olive oil	Salt to taste
4 cups cauliflower rice	1 c. salsa
¼ cup chopped cilantro	

Directions:

1. To make guacamole, scoop avocado flesh into a bowl. Add onion, tomato, , jalapeno, lime juice, cilantro, garlic and salt; stir to mix thoroughly. Adjust seasoning to taste.
2. To make cauliflower rice, heat olive oil in a pot over medium heat; add cauliflower rice. Cook until cauliflower is tender. Stir in cilantro, lime zest, juice and salt. Keep warm.
3. Heat olive oil in a skillet over medium heat. Add cumin, paprika and garlic powder; stir until spices sizzle. Add beef, black beans and water; cook until heated and liquid reduces.
4. To serve, top about 1 cup of cauliflower rice with ¼ of the beef and bean mixture. Garnish with ¼ cup of salsa and 3 Tbsp of guacamole.

Tip: Guacamole can be made 1-2 days ahead of time. To store, smooth into a storage container, press food safe plastic wrap directly on top of guacamole and cover tightly with container lid. Over a few days, the surface may start to brown but the rest of the guacamole will stay green.

To balance: This is balanced



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Beef & Mushrooms with Cauliflower Potato Mash | Serves 4

Gluten free/To make dairy free, use coconut oil or ghee instead of butter and coconut milk instead of cream

Ingredients:

1 medium head cauliflower, cut into large pieces
4 small red potatoes, peeled
2 Tbsp butter
2 Tbsp heavy cream
Salt to taste

2 Tbsp butter
1 small onion, chopped
16 oz. button or cremini mushrooms, sliced
½ tsp salt
3 Tbsp tapioca flour
1 c. preservative-free beef broth or reserved brisket cooking liquid
16 oz. chopped or shredded Instant Pot Beef Brisket
2 tsp fresh thyme
Salt and Pepper to taste

Directions:

1. Cook cauliflower and potatoes in boiling salted water until tender. Mash with a potato masher or electric mixer. Add butter and cream; stirring to combine. Season to taste with salt.
2. Melt butter in a large skillet over medium heat. Add onions, mushrooms and salt; cook until mushrooms have released their juices. Stir in tapioca flour; slowly add beef broth. Bring to a simmer; add beef and cook until beef is heated through and sauce has thickened.
3. Serve beef and mushrooms over cauliflower potato mash.

Tip: Tapioca flour is sometimes called tapioca starch. It is made from cassava root.

To balance: This is balanced.



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