

Baking

- Cornstarch 1 1/4 cup
- Dark brown sugar 1 1/3 cup

Condiments & Spices

- Low sodium soy sauce 1.5 cups
- Sesame oil 2 tbsp

Meat

- Beef chuck roast 3lb

Vegetables

- Garlic 6 cloves

Canned Goods

- Beef consomme or beef broth 2 cups

Frozen Foods

- Frozen Broccoli Florets 1 bag

Rice, Cereal & Legumes

- Rice 1 bag