

Grocery List for Chinese Beef & Broccoli Freezer Bag Meal

2 Pounds Beef (sirloin works well)

1 Can Beef Consume

Brown Sugar

3 Cloves Garlic

Soy Sauce

Ginger Paste

Sesame Oil

2 Cups Broccoli, fresh or frozen

One Gallon Size Freezer Bag

One Quart Size Freezer Bag

