
ITEMS

Frozen Foods:

- 5 cups frozen green peas
- 1 cup frozen corn

Grains / Rice:

- 1 cup brown rice (must be brown!)
- 1/4 cup panko crumbs (or potato chips) (optional)
- 1/2 cup quinoa

Pasta / Sauces:

- 6 ounces egg noodles (3 cups)

Canned / Packaged Goods:

- 1 can sliced mushrooms drained (284 ml or 10 oz)
- 1 can tuna
- 1 1/2 cups cooked or canned black beans
- 2 cans diced tomatoes (28 oz. or 796 ml)
- 2 cans tomato paste (5.5 oz. or 155 ml)
- 1 cup peach puree (see recipe note)
- 2 1/3 tablespoons chicken bouillon paste (suggestion: Better Than Bouillon brand)
- 1 1/2 cups cooked chickpeas (or canned)

Snacks / Chips / Candy:

- tortilla chips for serving (optional)

Spices:

- 2 teaspoons oregano
- 1/2 teaspoon onion powder
- 2 1/2 teaspoons garlic powder
- 2 teaspoons chili powder
- 1 tablespoon garam masala
- 1 tablespoon turmeric
- 2 teaspoons cumin
- 1 teaspoon basil
- 1/2 teaspoon chili flakes

Dairy / Eggs:

- 1 tablespoon butter
- 3/4 cup milk
- 1 egg
- 2 1/2 cups shredded cheddar cheese
- 1/2 cup cream cheese

Meats / Seafood:

- 2 chicken breasts grilled (or from a rotisserie)
- 1 pound ground turkey (454 g) (or other ground meat)

Produce:

- 2 carrots
- 3 celery stalks
- 4 1/2 onions
- 1 large red pepper
- 2 pounds potatoes
- 1/4 cup fresh dill chopped
- 3 cloves garlic minced
- 1/2 cup sundried tomatoes
- 1 pound mushrooms sliced

Baking Needs:

- 3 tablespoons canola oil
- 2 tablespoons cornstarch