

Shopping List

ITEMS

Produce

- 4 onions + ½ cup onion chopped
- 6 cloves garlic
- 4 carrots
- green beans
- 2 lbs potatoes
- ½ cup sundried tomatoes
- 2 large bell peppers or 3 small ones any colour
- 1 lime

Bread / Peanut Butter / Jams

- 2 tsp honey

Canned / Packaged Goods

- 2 cups beef broth
- 2 tbsp chicken bouillon paste (Better Than Bouillon)
- 1 cup dried split red lentils
- 2 796 ml cans diced tomatoes
- 1 155 ml can tomato paste
- 1 cup peach puree
- 1 ½ cups cooked chickpeas or canned
- 1 can black beans (or 1 ½ cups cooked)
- 1 can sliced mushrooms (284 ml or 10 oz)
- 1 can tuna

Pasta / Sauce

- 6 oz egg noodles (3 cups)

Baking Needs

- 2 tbsp cornstarch
- 6 tbsp canola oil

Spices

- 1 tsp ground coriander seed the spice
- 1 tsp cinnamon
- ½ tsp ginger
- 1 tbsp garam masala
- 1 tbsp + ½ tsp turmeric
- ¼ tsp chili flakes
- ½ tsp onion powder
- ½ tsp garlic powder
- 2 tsp smoked paprika
- 1 tsp chili powder
- 3 ½ tsp cumin

Grains / Rice

- brown rice

International

- ¼ cup panko crumbs or potato chips (optional)

Snacks / Chips / Candy

- ¾ cup raisins
- ¾ cup dried apricots cut into quarters

Dairy / Eggs

- 1 egg
- ¾ cup milk
- 100 g grated cheddar cheese (1 cup)
- ½ cup shredded cheddar cheese

Meats / Seafood

- 1 lb lean ground beef
- 2 large chicken breasts or 3-4 smaller ones

Frozen Foods

- 3 cups frozen green peas