

Shopping List

ITEMS

Produce

- 3 large onions
- 3 red peppers
- 11 cloves garlic minced
- chopped cilantro (optional)
- 4 medium sized roma tomatoes
- handful of basil leaves sliced into ribbons

Canned / Packaged Goods

- 1 ½ chipotle peppers in adobo sauce
- 1 tbsp vegetable bouillon (I like the Better Than Bouillon brand)
- 1 tbsp chicken Better Than Bouillon or vegetarian
- 4 ½ cups black beans or 3 cans, drained and rinsed
- 1 796 ml can tomatoes
- 1 156 ml can tomato paste
- ¼ cup evaporated milk or fresh

Baking Needs

- 4 tbsp canola oil
- ¼ cup + 1 tbsp olive oil
- 1 tsp brown sugar
- 2 ¼ tsp yeast
- 2 ½ cups all purpose flour

Spices

- 4 ½ tsp oregano
- ½ tsp chili flakes
- 2 tsp chili powder
- 2 tsp garlic powder
- 1 ½ tsp cumin

Grains / Rice

- 1 ½ cups quinoa
- 3 cups cooked rice

Condiments / Dressings

- 2 ½ cups salsa

Snacks / Chips / Candy

- tortilla chips for serving (optional)

Dairy / Eggs

- 1 cup shredded cheddar cheese (optional)
- ½ cup cream cheese
- 300 g (10 oz) mozzarella cheese, shredded
- parmesan cheese for sprinkling

Meats / Seafood

- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)

Frozen Foods

- 3 cups frozen corn