

Shopping List

ITEMS

Produce

- 3 medium onions
- ⅓ cup chopped red onion
- 8 cloves garlic
- 4 large mushrooms
- 4 bell peppers any colour
- 3 carrots
- 2 lbs potatoes
- ½ cup sundried tomatoes

Canned / Packaged Goods

- 3 cups cooked or 2 cans pinto beans
- 1 ½ cups cooked chickpeas or canned
- 3 tbsp vegetable bouillon
- 1 tbsp bouillon paste (chicken or vegetarian)
- 3 798 ml cans diced tomatoes
- 2 340 ml cans evaporated milk
- 2 156 ml cans tomato paste
- 1 can tuna
- 1 cup peach puree

Baking Needs

- 3 tbsp canola oil or other light tasting oil or butter

Spices

- 1 ½ tsp oregano
- ¼ tsp smoked paprika
- 1 ½ tsp basil
- ¼ tsp garlic powder
- ¼ tsp onion powder
- 1 tbsp garam masala
- 1 tbsp turmeric
- 2 tsp cumin
- ¾ tsp chili flakes

Grains / Rice

- 1 cup quinoa uncooked
- 3 cups cooked brown rice

Condiments / Dressings

- 1 cup salsa

Dairy / Eggs

- 1 tbsp butter
- ½ cup + 2 tbsp parmesan cheese
- 1 cup mozzarella cheese
- 1 ½ cups shredded cheddar cheese

Deli

- 100 g pepperoni

Frozen Foods

- 1 ½ cups frozen corn
- 2 cups frozen peas