

Shopping List

ITEMS

Produce

- 6 medium onions
- 7 cloves garlic
- 14 carrots
- 4 lbs potatoes
- ½ cup sundried tomatoes
- 1 large red pepper + 12 bell peppers
- 22 stalks celery

Canned / Packaged Goods

- 8 cans (798 ml or 27 oz) diced tomatoes
- 2 155 ml cans tomato paste
- 1 cup peach puree
- 1 tbsp bouillon paste (chicken or vegetarian)
- 2 tbsp Chicken Better Than Bouillon or other bouillon
- 4 ½ cups cooked chickpeas or canned
- 1.5 cup cooked or canned black beans
- 2 cans (370ml each) evaporated milk
- 6 cans diced pineapple

Baking Needs

- 5 tbsp canola oil
- ¾ cup cornstarch
- 6 tbsp brown sugar

Spices

- 1 tbsp garam masala
- 1 tbsp turmeric
- 2 tsp cumin
- 8 tsp garlic powder
- ½ tsp chili flakes
- 2 tsp chili powder
- 1 tsp oregano
- 1 tsp thyme
- 1 ½ tsp black pepper

Grains / Rice

- ½ cup quinoa
- cooked rice (Hawaiian Farmer Sausage)

Condiments / Dressings

- 1 tsp liquid smoke
- 6 tbsp soy sauce

Snacks / Chips / Candy

- tortilla chips for serving (optional)

Dairy / Eggs

- 1 cup shredded cheddar cheese (optional)
- 2 tbsp butter

Meats / Seafood

- 1 lb (454 g) ground turkey (or other ground meat: chicken, beef, pork, bison)
- 6 slices bacon cut in bite-sized pieces
- 6 lbs farmer sausage

Frozen Foods

- 2 cups frozen peas
- 5 cups corn