

Shopping List

ITEMS

Produce

- 1 whole tomato
- 6 cloves garlic
- 1 tbsp garlic minced
- 1 jalapeno
- ½ cup fresh cilantro chopped finely
- 2 large onions
- 2 red peppers
- pre-baked potatoes
- green onions

Canned / Packaged Goods

- 14 ounces canned tomatoes (fire roasted, if possible)
- 1 (798 ml or 28 oz) can diced tomatoes
- 1 (156 ml or 5 oz) can + 2 tbsp tomato paste
- 4 ½ cups chicken broth sodium reduced
- 1 ½ cups kidney beans cooked (or 1 can, drained and rinsed)
- 4.5 cups black beans cooked
- ⅔ cup dried lentils
- 1 can tuna

Baking Needs

- 2 tsp olive oil
- ¼ cup brown sugar

Spices

- 2 tbsp + ½ tsp chili powder
- 2 tbsp + ½ tsp cumin
- 1 tbsp oregano

Grains / Rice

- 1 cup brown rice + 3 cups cooked brown rice

Condiments / Dressings

- 2 tbsp vinegar
- 1 tsp liquid smoke
- 2 cups salsa

International

- 3 chipotle peppers

Dairy / Eggs

- sour cream for serving
- 2 ½ cups shredded cheddar cheese

Meats / Seafood

- ¾ - 1 lb lean ground beef

Frozen Foods

- 3 cups frozen corn