

# Shopping List

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## ITEMS

### Produce

- 4 medium onions
- ⅓ cup chopped red onion
- 1 lb + 4 large mushrooms
- 4 bell peppers any colour
- 3 carrots
- 8 cloves garlic
- 3 stalks celery
- ¼ cup fresh dill chopped
- 2 lbs potatoes

### Canned / Packaged Goods

- 1 tbsp + 2 tsp vegetable bouillon
- 1 tbsp bouillon paste (chicken or vegetarian)
- ½ cup chicken stock or ½ tsp Chicken Better Than Bouillon and ½ cup water
- 3 cups cooked or 2 cans pinto beans
- 1 ½ cups cooked chickpeas or canned
- 3 cans diced tomatoes (798 ml each)
- 2 cans (155 ml each) + ⅓ cup tomato paste
- 2 cans evaporated milk (340 ml each)
- 1 cup peach puree
- ½ cup sundried tomatoes

### Baking Needs

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

### Spices

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

- 2 tsp cumin

## Grains / Rice

- 1 cup quinoa uncooked
- 2 cups rice cooked

## Dairy / Eggs

- 1 cup mozzarella cheese
- ½ cup + 2 tbsp parmesan cheese
- ½ cup cream cheese
- 2 tbsp butter

## Deli

- 100 g pepperoni

## Meats / Seafood

- 2 chicken breasts

## Frozen Foods

- 2 cups frozen peas