

Shopping List

ITEMS

Produce

- 3 large onions
- 3 tbsp grated fresh ginger
- 15 cloves garlic
- 1 large carrot
- lettuce/salad mix linked in recipe (5 Minute Chicken Taco Salad)
- tomatoes (5 Minute Chicken Taco Salad)
- 2 red peppers
- bell peppers (5 Minute Chicken Taco Salad)
- broccoli (5 Minute Chicken Taco Salad)
- red onions (5 Minute Chicken Taco Salad)
- corn (5 Minute Chicken Taco Salad)
- sliced avocados (5 Minute Chicken Taco Salad)
- 3 small green chilis (thai chilis or birds eye chilis)

Canned / Packaged Goods

- 1 tbsp vegetarian bouillon paste
- 1 cup whole brown lentils
- $\frac{2}{3}$ cup dried lentils
- 1 can sliced water chestnuts
- 1 can coconut milk
- 1 can tomato paste (156 ml)
- 3 x 28oz can diced tomatoes
- $\frac{1}{2}$ tsp mango powder amchoor or substitute 1 tbsp lemon juice
- 1 $\frac{1}{2}$ cups kidney beans cooked (or 1 can)
- 1 $\frac{1}{2}$ cups black beans cooked (or 1 can)
- black or kidney beans (5 Minute Chicken Taco Salad)
- 3 cups cooked chickpeas or 2 cans

Baking Needs

- 4 tbsp canola oil
- $\frac{1}{4}$ cup + 1 tbsp + 1 tsp brown sugar

Spices

- 1 tsp smoked paprika

- 3 tbsp + ¼ tsp cumin
- ¼ tsp garlic powder
- 1 tbsp coriander
- 1 tsp garam masala
- 1 tsp turmeric
- 2 tbsp + 2 tsp chili powder
- 1 tbsp + ½ tsp oregano

Condiments / Dressings

- salsa (5 Minute Chicken Taco Salad)
- 2 tbsp vinegar
- 1 tsp liquid smoke

International

- 1 tbsp green curry paste
- 2 chipotle peppers

Snacks / Chips / Candy

- tortilla chips (5 Minute Chicken Taco Salad)

Dairy / Eggs

- shredded cheese or crumbled cojita cheese (5 Minute Chicken Taco Salad)
- Greek yogurt (5 Minute Chicken Taco Salad)
- 2 tbsp butter or ghee (optional but adds a richer flavour)

Meats / Seafood

- 2 cups pulled rotisserie chicken
- ¾ - 1 lb lean ground beef

Frozen Foods

- 1 cup frozen green peas
- 2 cups frozen corn