



GROCERY LIST

Check to see if you have these common pantry items on hand before you shop and if not, add them to your buy list:

- Crackers
- Dijon mustard
- Soy sauce
- Worcestershire sauce
- Maple syrup
- Red wine vinegar
- Vinegar
- Butter
- Milk
- Eggs
- Flour
- Baking powder
- Baking soda
- White sugar
- Brown sugar
- Curry powder
- Onion powder
- Paprika
- Coriander
- Cumin
- Chili powder
- Dry mustard powder
- Bay leaves
- Salt
- Pepper



TO BUY

- 6 lbs lean ground beef
- 7 lbs boneless skinless chicken breasts
- 6 lbs boneless chicken thighs
- 2 lbs stewing beef
- 1 package of ham steaks
- 8 pork chops
- 64 oz of frozen corn
- 60 oz of frozen green peas
- 2 cans frozen orange juice concentrate
- 2 (9 inch) unbaked pie crust
- 32 oz canned black beans
- 76 oz canned kidney beans
- 11 oz canned tomato paste
- 112 oz of canned crushed or stewed tomatoes
- 90 oz of canned tomato sauce
- 52 oz of chunky spaghetti sauce
- 16 carrots
- 8 red potatoes
- 4 zucchini
- 1 butternut squash
- 6 assorted peppers
- 14 medium onions
- 6 garlic heads (30 cloves)
- Root of ginger
- 2 bags of cornmeal
- 2 bags of dry green peas
- 2 packages of dry onion soup mix
- 2 package of mild taco seasoning mix
- 4 cans fat-free cream of mushroom soup



INGREDIENTS FOR GARNISHING AND SERVING

- 4 cups coconut milk
- 4 cans mandarin oranges
- Sour cream
- Block cheese of your choice