

# GROCERY LIST

## CANNED GOODS:

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- 5 15oz. cans Black beans
- 5 15oz. cans Cannellini beans
- 1 15oz. can Chickpeas
- 2 15oz. cans Kidney beans
- 2 13.5oz. cans Coconut milk
- 1 20oz. can Pineapple slices in juice
- 1 8oz. can Pineapple tidbits in juice
- 1 15oz. can Pinto beans
- 1 15oz. can Pumpkin purée
- 1 16oz. jar Red salsa
- 1 16oz. jar Salsa verde
- 1 28oz. can Crushed tomatoes
- 2 15oz. cans Diced tomatoes
- 1 10oz. can Diced tomatoes with green chiles
- 1 6oz. can Tomato paste
- 2 15oz. cans Tomato sauce
- 1 8oz. can Tomato sauce
- 4 cups Beef broth
- 2 cups Chicken broth

- 8 cups Vegetable broth

## DAIRY:

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- 3/8 cup Butter
- 14oz. Shredded cheddar
- 4oz. Monterrey Jack cheese

## DRY GOODS:

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- 4 1/4 cups All-purpose flour
- 6 cups Long grain white rice
- 3 cups Jasmine rice
- 1 cup Dry red lentils
- 2 cups Macaroni
- 1/2 lb. Pasta shells
- 1 1/2 lbs. Spaghetti
- 3/8 cup Brown sugar
- 1/4 teaspoon Instant yeast
- 8 corn tortillas

## FROZEN:

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- 1 1/2 lbs. Frozen broccoli florets
- 12oz. Frozen cauliflower florets

- 2 cups Frozen corn kernels

- 12oz. Frozen stir fry vegetables

## MEAT:

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- 3 lbs. Ground beef
- 4 Boneless skinless chicken breasts
- 6 Boneless skinless chicken thighs
- 1 lb. Ground turkey

## PRODUCE:

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- 22 cloves Garlic (about 3 bulbs)
- 5 1/2 tsp Grated fresh ginger
- 3 Jalapeños (optional)
- 22 Green onions (about 3 bunches)
- 8 Yellow onions

## SAUCES-OILS-VINEGARS:

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- 1/4 cup Cooking oil
- 3/4 cup Olive oil
- 1 cup Sweet chili sauce
- 2 Tbsp Hot dog relish

Continued...

# GROCERY LIST - CONTINUED

1/2 cup BBQ sauce

4 tsp Toasted sesame oil

1/3 cup Soy sauce

1/4 cup Oyster sauce

## **SPICES:**

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1 tsp Cayenne pepper

1/4 cup Chili powder

2 Tbsp Ground cumin

1 Tbsp Curry powder

2 Tbsp Garam masala

1/2 tsp Garlic powder

1/2 tsp Onion powder

1 1/2 tsp Dried oregano

1 1/2 tsp Smoked paprika

3 pinches Crushed red pepper

1/2 tsp Dried rosemary

6 1/2 tsp Italian seasoning

1/4 tsp Dried thyme

1/2 tsp Turmeric