

shopping list

Cold Case

butter	14 tbsp	plain yogurt*	0.50 cup
egg	16	shredded cheddar cheese	22 oz

Frozen

frozen mixed vegetables (peas, carrots, corn, etc)	2 cups	frozen peas	1 (16 oz)
--	--------	-------------	-----------

Meat

pork shoulder butt/shoulder (bone-in or boneless)	3 lb
---	------

Pantry

active dry yeast	2.25 tsp	jasmine rice	4 cups
all-purpose flour	9.50 cups	macaroni pasta	16 oz
baking powder	8 tsp	maple syrup (optional)	14 tbsp
can black beans*	2 (15 oz)	olive oil	14 tbsp
can diced tomatoes	2 (15 oz)	peanut butter	1.50 cups
can garbanzo beans*	1 (15 oz)	pinto beans (dry)	1 lb
can kidney beans*	2 (15 oz)	rolled oats	8 cups
can pumpkin puree*	1.50 cups	salsa*	6 cups
can tomato paste	2 (6 oz)	soy sauce or aminos	2 tbsp
can tuna	1 (5 oz)	sugar	3 tbsp
can white beans*	2 (15 oz)	tortillas*	40
chicken stock or broth*	0.50 cup	white rice	2 cups
coconut oil	2 tbsp		

Produce

bell peppers (any)	6	green onion	6
carrot	11	lime	1
celery	0.50 cup	onion	4
cilantro	1 cup	russet potato	16
garlic	10 cloves	seasonal fruit (fresh)	1.50 lb

Spices

bay leaf	4	garlic powder	3.50 tsp
cayenne (!)	0.50 tsp	ginger	1 tbsp
chili powder	2 tsp + 2 tbsp	onion powder	1 tsp
cinnamon	3.25 tsp	oregano	1.50 tsp
coriander	1.5	pepper	1 tsp
cumin	7 tsp	red pepper flakes (!)	0.25 tsp
dill	1 tsp	salt	9.75 tsp

**Note: These items can be homemade for extra savings. Got to the main recipe in 30 Minute Dinners and click the link to find the homemade version.*