

Sustaining THE Powers

Crocktober 2015 Week #1 Shopping List

Monday: [My Crock-Pot Corn Chowder with Parmesan Rind and Pancetta](#)

Tuesday: [Crockpot Chicago Style Italian Beef from Bright Green Door](#)

Wednesday: [Crockpot Lasagna from From Bisons to Buckeyes](#)

Thursday: [Crock Pot Picadillo from Skinny Taste](#)

Friday: [Tomato Parmesan Slow Cooker Soup from Life Currents](#)

Saturday: Date Night - Eat Out.

Sunday: Leftover Night

Pantry Staples/Baking

- Olive Oil
- 1/2 cup flour

Canned Goods/Sauces

- 1 can (15.25 oz) of whole-kernel sweet corn
- 1 can (15.25 oz) cream-style corn
- 1 can (10 3/4 oz) cream of mushroom soup
- 1 45 oz jar of spaghetti sauce
- 1 can beef broth
- 1 16oz jar giardiniera vegetables
- 1 small jar pepperoncini peppers (optional for topping Italian beef)
- 1 jar alcaparrado (manzanilla olives, pimientos, capers) or green olives
- 1 (28 oz) can crushed tomatoes
- 4 cups vegetable broth

Bread/Pasta/Grains/Nuts

- 1 box of oven ready lasagna noodles
- 1 Loaf French Bread

Dairy/Fridge/Frozen

- 7 Tbsp butter or margarine
- 4 1/2 cups half & half or milk
- 4-6 inches Parmesan cheese rind (at your local deli or cheese counter)
- 2 cups fresh or frozen shredded hash brown potatoes
- 8 oz Ricotta Cheese
- 3 C of shredded mozzarella cheese
- 2 C of shredded parmesan cheese
- 15 slices of mozzarella cheese
- 1 cup Shredded Mozzarella Cheese

Meat

- 1 cup diced, cooked ham (I often purchase it pre-diced at the deli)
- 4oz diced pancetta (thick, diced bacon can be substituted)
- 4.5 lb of ground beef
- 2 Chuck Roast Steaks

Produce

- 2 medium white onions
- 1 large yellow onion
- 4 cloves garlic
- 1 red bell pepper
- 1 bunch cilantro
- 1 small tomato
- 4 carrots

Seasonings

- Salt and Pepper
- 1/2 tsp rubbed sage
- 1 Packet Au Jus Seasoning mix
- 1 1/2 tsp ground cumin
- 1/4 tsp garlic powder
- 3 bay leaves
- 1 teaspoon dried oregano
- 1 tablespoon dried basil