

# Sustaining the POWERS

## Crocktober 2014 Week 1 Shopping List

### Baking Staples

- 1 tsp cocoa
- 1 egg\*

### Beverages

- 1 cup orange juice

### Boxed Foods

- 12 taco shells
- 1 box Jiffy Corn Muffin mix\*

### Canned Goods

- 1 14.5oz can crushed tomatoes
- 3 cups low sodium chicken broth
- 1 14oz can diced tomatoes
- 1 8oz can tomato sauce
- 1 can chipotle pepper in adobo sauce
- 1 15oz can kidney beans
- 1 15oz can pinto beans
- 1 15oz can navy beans
- 3 cups vegetable stock
- 1 13oz can corn and peppers\*
- 1 small can sliced black olives\*\*

### Condiments

- 1 18oz jar apricot preserves

### Dairy

- 1/3 cup Shredded Parmesan cheese
- 1 cup shredded cheddar cheese\*\*
- 1 8oz container sour cream\*\*
- 1/2 cup milk\*

### Dry Beans and Rice

- 1 cup brown lentils, dried
- 1/2 cup quinoa, dry
- 2 cups white or brown rice, dry

### Meat

- 6 boneless skinless chicken breasts
- 1 lb ground turkey

### Packaged Dry Mixes

- 1 envelope onion soup mix

### Pasta

- 4oz gemelli or penne pasta

### Produce

- 10 cloves garlic (about 1 bulb)
- 1 green bell pepper
- 2 medium onions
- 1 Tbl fresh basil
- 2 tsp fresh oregano
- 1 medium carrots
- 2 stalks celery
- shredded lettuce\*\*
- 2 medium tomatoes\*\*

### Seasonings

- 2 1/2 Tbl chili powder
- 1 tsp smoked paprika
- 1/8 tsp red pepper flakes
- 1/2 tsp salt
- 1 tsp ground black pepper
- 1 Tbl cumin
- 1 tsp paprika
- 1 tsp dried oregano
- 1 tsp ground cinnamon
- 2 beef bouillon cubes
- 2 Tbl cornstarch

\*Optional items for Mexican cornbread

\*\*Optional items for taco toppings