

# Sustaining the POWERS

## Crocktober 2014 Week 3 Shopping List

### Bakery/Breads

- 1 package naan bread\*

### Baking Mixes

- 1 box breader mix

### Baking Staples

- 1/12 lb flour
- 1/3 lb sugar
- 2 Tbl olive oil
- 2 Tbl cornstarch

### Canned Goods

- 2 15 oz cans condensed cream of chicken soup
- 2 cans cream of soup (any variety)
- 2 15 oz cans diced new potatoes\*
- 1 29 oz can tomato puree (or plain tomato sauce)
- 1 cup coconut milk

### Condiments

- 1/4 cup ketchup
- 1/2 cup apple cider vinegar
- 1 tbl soy sauce

### Dairy

- 2 cups plain Greek yogurt

### Dry Beans and Rice

- 6 cups steamed rice

### Frozen Foods

- 3/4 lb frozen mixed vegetables

### Meat

- 3 3/4 lbs boneless skinless chicken breast
- ~3 lbs pork loin or 6 boneless loin chops

### Produce

- 3 whole potatoes
- 6 medium red potatoes
- 2/3 lb baby carrots
- 1/2 large yellow onions
- 5 cloves garlic
- 2 Tbl fresh ginger
- 1 bunch fresh cilantro

### Seasonings

- 2 Tbl Garam Masala
- 1 tbl cumin
- 1/2 tbl paprika
- 2 tsp salt
- 3/4 tsp cinnamon
- 3/4 tsp black pepper
- 1 tsp cayenne pepper
- 1 tsp coriander
- 2 bay leaves

\*Optional to go with tikka masala