

Sustaining the POWERS

Crocktober 2014 Week 4 Shopping List

Bakery/Breads

- 1 package sweet Hawaiian rolls
- 5 small corn tortillas

Baking Staples

- 3 TBS olive oil

Pasta

- 1 lb of your favorite pasta

Canned Goods

- 1/2 cup canned pineapple juice
- 1 can pineapple rings or fresh pineapple
- 2 cups vegetable broth
- 1 jar of your favorite pasta sauce
- 1 (11 oz) can Mexican-style corn
- 1 (16 oz) can black beans
- 1 (16 oz) can pinto beans
- 1 (15oz) can enchilada sauce (mild, med, or hot depending on your preferred spiciness level)
- 6 cups chicken or vegetable broth

Condiments

- 3/4 cup teriyaki sauce (I love the Soy Vay brand Veri Veri Teriaki)
- 1 (16 oz) jar chunky salsa
- pico de gallo*

Dairy

- shredded cheese*
- sour cream*

Dry Beans and Rice

- 1 pound dried small red beans
- 4 c. cooked rice

Chips

- tortilla chips or toasted tortilla strips*

Meat

- 1 1/2 pounds beef chuck roast, or pork shoulder butt roast
- 7 oz. smoked boneless pork chops
- 12 ounces Andouille sausage
- 4 boneless skinless chicken breasts

Produce

- 1/2 large onion chopped
- 1 bag broccoli & carrot slaw (near the bagged lettuce)
- 1 red onion
- 1 sweet onion
- 1 medium white onion
- 1 green bell pepper
- 1 jalapeno pepper (more for added spice)
- 4 ribs celery
- 4-6 large artichokes depending on slow cooker size
- 2 Tbs lemon juice
- fresh cilantro*
- guacamole or avocado*
- green onions*
- sliced jalapenos*

Seasonings

- 1 tsp. kosher salt
- 1/2 tsp. cayenne pepper
- 1/2 tsp. dried thyme
- 2 bay leaves
- 12 cloves garlic (1 bulb)
- 1 Tablespoon cumin
- 1/2 Tablespoon chili powder
- 1 teaspoon garlic powder

*Optional toppings for tortilla soup