

Sustaining THE Powers

Crocktober 2015 Week #3 Shopping List

Monday: [My Slow Cooker Chicken and Vegetable Tortellini Soup](#)

Tuesday: [Slow Cooker Chicken with Thai Peanut Sauce](#) from [Five Heart Home](#)

Wednesday: [Black Bean and Sweet Potato Bake in the Crock Pot](#) from [Knead to Cook](#)

Thursday: [My Slow Cooker Butternut Squash and Leek Risotto](#)

Friday: [Slow Cooker Lasagna Soup](#) from [Culinary Hill](#)

Saturday: Date Night – Eat Out.

Sunday: Leftover Night

Pantry Staples/Baking

- ☐ Olive Oil
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons soy sauce
- ☐ 2 tablespoons rice wine vinegar

Canned Goods/Sauces

- ☐ 7 cups vegetable or chicken broth
- ☐ 4-6 cups chicken stock
- ☐ 1 (15oz) can garbanzo beans
- ☐ 2 (15oz) cans black beans
- ☐ 2 (14.5 ounce) cans Italian-style diced tomatoes
- ☐ 1 (15 ounce) can tomato sauce
- ☐ 1 small can of tomato paste
- ☐ 1 cup canned coconut milk
- ☐ 3/4 cup chunky natural peanut butter
- ☐ 1 jar of corn salsa

Bread/Pasta/Grains/Nuts

- ☐ 2 cups arborio (risotto) rice
- ☐ 1 cup rotini or other small pasta
- ☐ Rice, rice noodles, or lettuce leaves, for serving Thai peanut chicken

Dairy/Fridge/Frozen

- ☐ 1 cup freshly grated parmesan cheese
- ☐ 1 9oz package refrigerated tortellini
- ☐ 2 cups mozzarella cheese
- ☐ 1/4 cup of shredded Cabot aged cheddar

Meat

- ☐ 2 boneless, skinless chicken breasts
- ☐ 1 1/2 pounds chicken breasts
- ☐ 1 pound ground Italian sausage

Produce

- ☐ butternut squash
- ☐ 4 leeks
- ☐ 1 cup chopped fresh basil (optional for serving risotto)
- ☐ 5 carrots
- ☐ 2 ribs celery
- ☐ 3 medium white onions
- ☐ 3 large sweet potatoes
- ☐ 2 handfuls raw spinach
- ☐ 8 ounces sliced mushrooms
- ☐ 8 cloves garlic
- ☐ 2 tablespoons lime juice
- ☐ 1 bunch fresh cilantro

Seasonings

- ☐ 1/2 tsp dried sage
- ☐ 1/2 tsp chopped garlic
- ☐ 1 tsp dried thyme
- ☐ 1 teaspoon Italian seasoning
- ☐ 1/2 teaspoon dried basil
- ☐ 1/2 teaspoon fennel seeds
- ☐ 1/2 teaspoon crushed red pepper flakes
- ☐ 3 tablespoons of ground cumin
- ☐ 2 tablespoons of chili powder
- ☐ 1 teaspoon of smoked paprika
- ☐ 1/2 teaspoon of oregano