

## **Bakery & Bread**

1 cup whole wheat panko bread

Loaf of crusty bread

## **Baking**

3 Tablespoons flour

2 Tablespoons Cornstarch

1/2 teaspoon sugar

## **Canned & Packaged**

1 Can Refried Beans

2 large sour dill pickles

1 (15 oz) can tomato sauce

1 10 Ounce Can Tomato Sauce

1 (14.5) can beef broth

2 1/2 Cups Beef Broth

2 cups of Chicken Broth

1 can (12 fluid ounces) Nestlé Carnation Evaporated Milk

9 hard taco shells

1 (28-ounce) can crushed tomatoes

1 (28-ounces) can crushed tomatoes

2 (14.5 oz) cans petite diced tomatoes

## **Cheese**

3/4 pound (about 2 1/2 cups) sharp yellow cheddar cheese, shredded

2 ounces cream cheese, softened

2 cups (8 ounces) shredded Monterey Jack cheese

3/4 pound fresh mozzarella, thinly sliced

Cheddar or mozzarella cheese, for serving (optional)

4 ounces mozzarella cheese, cut into bite sized cubes (you can use 4 (1 ounce) string cheese pieces, too)

1/2 cup grated Parmigiano-Reggiano cheese, a couple of handfuls

1 cup ricotta cheese

1/2 cup freshly grated Romano cheese

## **Condiments & Oils**

2 heaping tablespoons spicy brown mustard, such as Guldens

1 tbsp. vegetable oil

Olive Oil

1 c. Favorite Salsa

2 Tablespoons Worcestershire Sauce

## **Dairy & Eggs**

6 Tablespoons Butter

3/4 cup heavy cream

5 Eggs

2 cups milk

## **Deli**

1/2 cup sliced pepperoni, cut into thin strips

## **Herbs & Spices**

1/2 tsp dried basil

1 teaspoon crushed red pepper flakes

Fresh Cilantro

1 tbsp. ground cumin

1 teaspoon garlic powder

3/4 teaspoon oregano

Fresh Parsley

Salt

Black pepper

5 teaspoons Italian seasoning

3 sprigs of fresh thyme, leaves removed

## **Meat**

1 1/2 Pounds Beef Stew Meat

1 1/2 cups cooked, chopped chicken breast meat

3lbs of ground beef

1 1/2 pounds boneless skinless chicken thighs, or breasts

4 skinless boneless chicken breasts

2 small, boneless, skinless chicken breasts, cut into strips 1/2-inch thick

## **Pasta & Grain**

1 pound pasta curls (recommended: campagnelle by Barilla; short fusilli or cavatappi twists may be substituted)

1 cup uncooked long grain white or brown rice (I've tried and like both)

2 cups cooked rice

## **Produce**

2 green bell peppers

1 16 Ounce Bag Baby Carrots, Cut Into Slices

3 large carrots, peeled and cut into 3 to 4-inch sticks

3 celery stalks, cut into 3 to 4-inch sticks

12 crimini mushrooms (baby portobellos), thinly sliced

15 cloves of minced garlic ( I just buy the jar)

1 Tablespoon fresh lime juice (I use closer to 1.5 Tbsp)

8 ounces sliced mushrooms

Bag of Yellow Onions

1 red bell pepper

1 can green chilis

1 tablespoon diced jalapeños

1 Pound Potatoes, Cubed

2 medium to large zucchini, cut in quarters lengthwise then into strips 3 to 4 inches long

## **Snacks**

1 bag of salted pretzels, any shape