

**Bakery & Bread**

- 1 cup bread crumbs
- 12 6 inch corn or flour tortillas

**Baking**

- 1 tablespoon cornmeal

**Canned & Packaged**

- 1 15 ounce can pinto beans, rinsed and drained
- 1 15 ounce can red kidney beans, black beans, or red beans, rinsed and drained
- 2 4oz jar of diced green chilies
- 1 24-ounce jar of your favorite Marinara pasta sauce (I love Delallo's)
- 1 8 ounce can tomato sauce
- 32 oz of chicken broth
- 1 14 1/2 ounce can diced tomatoes, undrained

**Cheese**

- 1/2 cup Shredded Reduced Fat 4-Cheese Italian
- 8 oz cheddar cheese cubed
- 8 ounces cream cheese
- 1 cup shredded Mexican cheese
- 1 1/2 cup shredded Monterey Jack
- 1/2 cup shredded mozzarella cheese
- 1/2 cup grated parmesan cheese

**Condiments & Oils**

- 2 tablespoons Italian dressing (not the creamy kind)
- 1-2 Tbsp Olive oil
- 1/2 cup BBQ sauce
- Bottled taco sauce (optional)

**Dairy & Eggs**

- 1 stick (1/2-cup) butter\*
- 1 1/4 cups of half and half
- 1 egg, beaten
- 1/2 cup milk

**Herbs & Spices**

- Chopped fresh basil for garnish (optional)
- 5 teaspoon chili powder
- 1 teaspoon cumin
- 1 1/2 teaspoon garlic powder
- 1/2 teaspoon garlic salt
- 1/2 tsp. onion powder
- 1 tablespoon fresh rosemary leaves
- 1-2 tsp Taco seasoning
- 2 tablespoons taco seasoning mix

- 1/2 tsp. thyme

**Meat**

- 1 lb. bacon
- 3 strips of thick sliced bacon
- 4lbs ground beef
- 10 chicken breasts
- 1 lb. ground hot Italian sausage

**Pasta & Grain**

- 1/2 cup dried elbow macaroni (2 ounces)
- 16 ounces small/medium sized rigatoni pasta

**Produce**

- 2 Bell peppers in assorted colors, deseeded and thinly sliced
- 10 cloves garlic
- 3 cups of kale (veins removed and sliced thin like ribbons)
- 1 cup shredded lettuce
- 2 small onions
- 5-6 large yellow onions
- 1 Red onion, peeled and thinly sliced
- 3 medium to large potatoes UNPEELED, sliced thin and quartered
- 1/2 cup thinly sliced green onions (4)
- 1 medium tomato, chopped

**Refrigerated**

- 1 13.8 ounce package refrigerated pizza dough