

SHOPPING LIST - WINTER

# Week 9

## PROTEIN

- ☐ 3 lbs. turkey tenderloins
- ☐ 2 lbs. sausage links
- ☐ 3-lb. round steak

## DAIRY and REFRIGERATED

- ☐ 2½ cups shredded cheddar cheese
- ☐ 2¼ sticks butter
- ☐ sour cream, for garnish

## PRODUCE

- ☐ 1 sprig fresh rosemary
- ☐ 10 leaves fresh sage
- ☐ 4 ribs celery
- ☐ 5 medium onions
- ☐ 1 large onion, or 1 pkg. dry onion soup mix
- ☐ 1 cup chopped red onion
- ☐ 1 red bell pepper
- ☐ 1 yellow bell pepper
- ☐ 1 orange bell pepper
- ☐ 1 cup mushrooms
- ☐ ½ lb. mushrooms, or 2 4-oz. cans sliced mushrooms
- ☐ 4–6 artichokes
- ☐ 6 medium potatoes
- ☐ lettuce, for garnish
- ☐ chopped tomatoes, for garnish

## CANNED/DRY GOODS

- ☐ 14½-oz. can diced tomatoes with green chilies
- ☐ 10¾-oz. can cream of mushroom soup
- ☐ 16-oz. can tomatoes
- ☐ 2 16-oz. cans kidney beans

- ☐ 1 or 2 21-oz. can(s) apple, blueberry, or peach pie filling
- ☐ 18¼-oz. pkg. yellow cake mix
- ☐ 1 lb. dry garbanzo beans
- ☐ 1 cup uncooked small pasta
- ☐ 1¼-oz. envelope taco seasoning mix
- ☐ 8 7½-inch flour tortillas
- ☐ rice
- ☐ sliced olives, for garnish
- ☐ 1¾ cups tomato juice

## DO YOU HAVE THESE ON HAND?

- ☐ salt
- ☐ chili powder
- ☐ sea salt
- ☐ garlic powder
- ☐ onion powder
- ☐ ground cumin
- ☐ cayenne pepper
- ☐ pepper
- ☐ cream of tartar
- ☐ dried oregano
- ☐ dried thyme
- ☐ red pepper flakes
- ☐ paprika
- ☐ 3–4 cloves garlic
- ☐ flour
- ☐ Worcestershire sauce
- ☐ olive oil
- ☐ 6 cups chicken broth
- ☐ ½ cup beef stock
- ☐ 1 cup lemon juice
- ☐ ⅓ cup chopped walnuts