

Double this shopping list to make with a friend

## MEAT

- 1 pound andouille sausage, sliced
- 5 1/2 pounds lean ground beef
- 1 pound peeled, medium-size raw shrimp, deveined
- 15 pounds of chicken breasts
- 2 pounds beef chunks (aka: stew meat )
- 1 chuck roast (3-4 lbs)
- 8 thick cut pork chops (4)
- 1 8 oz package deli ham
- 1 lb salmon fillets - cut into 4 pieces
- 2 lb pork roast
- 8 chicken thighs
- 2lb flank steak

## PRODUCE

- 4 yellow onions
- 1 white onion chopped
- 2 cup diced celery
- 2 large red bell pepper, diced
- 1 green pepper, diced
- Minced garlic
- 11 garlic cloves
- 2 tsp ground ginger
- 1 Tbsp sesame seeds
- 1 cup chopped carrots
- 2 potatoes
- 2 cups broccoli
- 1 cup frozen peas
- 12 green onions
- 4 roma tomatoes

## SPICES

- 1 bay leaf
- ½ tbs dried basil
- 2 teaspoons Creole seasoning
- 1 teaspoon dried thyme
- Oregano
- 4 packages of taco seasoning
- 1/2 cup chopped fresh flat-leaf parsley
- Cinnamon
- 1 tsp cumin

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- ginger
- 3 envelopes onion soup mix
- 1 teaspoon Italian seasoning
- 1 tsp minced onion
- 2 tbsp. garlic powder
- 2 tbsp. onion powder
- 1 tbsp basil & oregano (each)
- 10 whole black peppercorns
- 1 Tablespoon rosemary

#### BAKING

- Sugar
- Flour
- Salt
- Cornstarch
- Brown Sugar
- Pepper
- 2 tablespoons canola oil
- Olive oil
- Nonstick Spray
- 1 tablespoon fresh lemon juice
- Season salt
- Sesame oil

#### DAIRY

- Milk
- 4 sticks Butter
- 15 oz Ricotta cheese
- 1 cup half and half
- Grated Parm (4C)
- 3 (8-oz.) package shredded mozzarella cheese
- 8 Cups shredded cheddar cheese
- 4 eggs
- Swiss cheese (6 slices)
- 5 (8 oz.) blocks cream cheese, softened
- 4 unbaked pie crusts
- 1 1/2 cups sharp cheddar cheese, shredded

#### CANNED GOODS

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- 2 (10-oz.) cans diced tomatoes and green chiles, drained (ROTEL)
- 2 (14 oz) cans diced tomatoes with chiles, undrained (Rotel or store brand)
- 2 (15-oz.) cans tomato sauce
- 5 ¼ cups chicken broth
- 6 cups beef broth
- 5 cans refried beans
- 2 cans black beans, drained and rinsed
- 1 (14 oz) can corn, drained
- 2 ½ cup salsa
- 1 can whole berry cranberry sauce
- 1 can enchilada sauce

#### RICE & PASTA

- 2 cups uncooked long-grain rice
- 12 ounces ziti pasta
- 1 cup fine, dry breadcrumbs
- ½ cup panko
- 12 lasagna noodles
- 16 oz bowtie pasta
- 10 small tortillas
- 40 large pasta shells
- 20 corn or flour tortillas

#### CONDIMENTS

- 1 cup Italian salad dressing (about ½ bottle)
- 1 c spicy brown mustard
- 16 ounces barbecue sauce (as spicy or as mild as you want)
- 1 c honey (1/2 c)
- 2 cups raspberry chipotle sauce
- 1 bottle (8 oz.) KRAFT Classic CATALINA Dressing
- ½ cup + 2 Tbsp soy sauce
- 2 Tbsp rice vinegar
- Dijon mustard

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- 1 beef bullion cube
- 1/2 cup peach preserves
- 8-ounce jar sun-dried tomatoes, rinsed, drained and chopped
- 1 24oz. pasta sauce jar
- 1 c. teriyaki sauce