

# Tastes Better *from* SCRATCH

Monday: <a href="#">Smothered Green Chili Chicken Burritos</a> \$11.22	<u>Produce</u> Bell Pepper (1/4) Fresh Basil Leaves (2 cups) Garlic Cloves (11) Green Onions (2) Onion (4) Ripe Plum Tomatoes (3 Lbs.) Roma Tomatoes (2) Romaine Heart (1)	<u>Bread/Grains</u> Breadcrumbs( ½ cup) Flour Tortillas (10 large) Taco Shells (20 hard)	<u>Meat</u> Cooked Chicken (3 cups) Ground Beef (3 lbs.)
Tuesday: <a href="#">Roasted Tomato Soup</a> \$15.61		<u>Pantry Staples</u> Flour Olive Oil (1/3 cup) Ketchup (3/4 cup) Light Brown Sugar (1/2 cup)	<u>Refrigerated</u> Butter (5 Tbs.) Cheddar Cheese (5 1/3 cups) Corn (1 cup frozen) Eggs (2 large) Sour Cream (1/2 cup)
Wednesday: <a href="#">Meatloaf</a> \$12.49	<u>Spices</u> Chili Powder Crushed Red Pepper Flake Cumin Oregano Sage Thyme Salt and Pepper Garlic Nutmeg Paprika	<u>Canned Goods</u> Black Beans (15 oz. can) Chicken Broth (6 cups) Chopped Green Chilies (4 oz) Pinto Beans (16 oz. can) Tomato Sauce (8 oz.) Whole Plum Tomatoes (28 oz. can)	<u>Other</u> Dijon Mustard (1 tsp.) Optional garnishes: Parmesan, Fresh basil, sour cream Salsa (1 ¾ cup) Worcestershire Sauce (2 Tbs.)
Thursday: <a href="#">Baked Tacos</a> \$13.55			
Friday: <a href="#">Black Bean Quesadillas</a> \$5.82			

**Weekly Total: \$58.59**