

Tastes Better *from* SCRATCH

Monday: Slow Cooker Creamy Ranch Pork Chops \$10.44	<u>Pantry Staples</u> Ketchup (1/3 cup) BBQ sauce (1/4 cup) Worcestershire sauce (2 Tbs.) Yellow mustard (1 tsp) Olive oil (1 Tbs.)	<u>Dairy</u> Milk (1 cup) Mayonnaise (3/4 cup) Eggs (3) Butter (1 Tbs.) Half and half (1/4 cup) Cream cheese (4 oz.) Shredded parmesan cheese (1/3 cup) Shredded cheddar cheese (5-6 cups) Cotija cheese (1/4 cup crumbled) Sour cream (optional for enchilada topping)	<u>Canned Goods</u> Cream or mushroom soup (10.5 oz. can or homemade) Cream of chicken soup (2-10.5 oz. cans or homemade) Tomato sauce (8 oz.) Chicken broth (1/2 cup- or extra bouillon cube) Red enchilada sauce (20 oz.)
Tuesday: Best Ever Chicken Casserole \$5.91	<u>Bread/Grains</u> Minute rice (1 cup, uncooked) Hamburger buns (5) Penne pasta (12 oz. or other bite size pasta) White corn tortillas (12-14)		<u>Meat</u> Pork chops (4-6 bone in or boneless) Chicken (4 breasts) Ground beef (1 lb.)
Wednesday: Super Sloppy Joes \$7.79			
Thursday: Creamy Chicken and Asparagus Pasta \$8.77	<u>Spices</u> Parsley Oregano Red pepper flakes Dried dill Garlic powder Onion powder Dried basil Salt and pepper	<u>Produce</u> Asparagus (1 bunch) Celery (1 cup diced) Cabbage (1 cup shredded) Roma tomato (1) Yellow Onion (1) Garlic (5 cloves)	<u>Other</u> Chicken bouillon cubes (2) Slivered almonds (1/4 cup) Lemon juice (1 Tbs.) Cornflakes (1 cup)
Friday: Cheese Enchiladas \$7.82			
Weekly Total: \$40.73			