

# Tastes Better *from* SCRATCH

Monday: <a href="#">One Pan Baked Ziti</a> \$6.26	<u>Produce</u> Garlic (12-13 cloves) Shredded cabbage (1 1/2 cups) Carrots (2 cups) Celery (9 ribs) Green onion (11-13) Fresh bean sprouts (1 cup) Freshly grated ginger (2 tsp) Onions (3) Fresh parsley leaves (2 Tbs.) Green bell pepper (1/2) Bell pepper (2 medium any color)	<u>Bread/Grains</u> Ziti pasta (12 ounces) Cooked egg noodles or rice for serving Cooked rice (2 1/2 cups) Flour tortillas (16 large) Long grain white rice (2 cups)	<u>Canned Goods</u> Corn (1 can) Diced tomatoes (2x14.5 ounce can) Tomato sauce (8 ounces) Low-sodium beef broth (3 3/4 cup) Black beans (1 can) Canned jalapeno peppers (4 ounces) Cream of chicken soup (1 can) Red enchilada sauce (1 batch) Low-sodium chicken broth (4 cups)
Tuesday: <a href="#">Chinese Chow Mein</a> \$8.63	<u>Refrigerated</u> Half and half (1/2 cup) Freshly grated parmesan cheese (1/2 cup) Shredded mozzarella cheese (1 cup) Refrigerated Yaki-Soba noodles (1 pound) Egg yolks (2 large) Unsalted butter (1/4 cup) Sour cream (3/4 cup) Cream cheese (4 ounces) Shredded cheese (3 cups) Butter (4 Tablespoons)	<u>Pantry Staples</u> Olive oil (2 1/3 Tablespoons) Canola Oil (3 tablespoons) Low-sodium soy sauce (1/4 cup) Sesame oil (1 1/2 teaspoons) Light brown sugar (1 tablespoon) Cornstarch (1 teaspoon) Breadcrumbs (1/2 cup) Flour (1 cup) Sugar (1 tsp.)	<u>Spices</u> Crushed red pepper flakes (1/4 teaspoon) Dried basil (1 2/3 Tablespoons) Dried oregano (1/2 teaspoon) Ground allspice (1/4 teaspoon) Ground nutmeg (1/4 teaspoon) Salt and freshly ground black pepper Cajun seasoning (2 teaspoons)
Wednesday: <a href="#">Swedish Meatballs</a> \$11.63		<u>Meat</u> Ground Italian sausage (1/2 pound) Boneless skinless chicken breasts (4) Ground beef (1 pound) Ground pork (1 pound) Cooked chicken (3 cups) Andouille sausage (2 pounds)	<u>Other</u> Oyster sauce (1 Tablespoon)
Thursday: <a href="#">Loaded Chicken Enchiladas</a> \$17.40			
Friday: <a href="#">One Pan Jambalaya</a> \$10.53			
Weekly Total: \$54.45			