

# Tastes Better *from* SCRATCH

	<u>Produce</u>	<u>Bread/Grains</u>	<u>Spices</u>
Monday: <a href="#">Slow Cooker Chicken Enchilada Soup</a> \$12.46	Tomato (2) Lemon Juice (2 tsp.) Celery (4 ribs) Onion (2)	Bread Flour (4 cups) All Purpose Flour (1/3 Cup) Yellow Corn Tortillas (6, 6-inch)	Salt and Pepper Garlic Salt (1/2 tsp.) Dill Weed (1/8 tsp.) Parsley Flakes (1/8 tsp.)
Tuesday: <a href="#">Creamy Pesto Tortellini Pasta Salad</a> \$14.46	Cherry Tomatoes (1 ½ cups) Green Onions (3) Fresh Basil Leaves (6-8) Garlic (6 cloves)	<u>Refrigerated</u> Shredded Mozzarella (2 cups) Sour Cream (2 Tbs.) Milk (1 cup and 2 ½ Tbs.) Half and Half (2/3 cup) Butter (1/3 cup) Frozen Veggies (8 oz. Mix carrots, peas, green beans and corn) Unbaked Pie Crust (2 9-Inch) Three Cheese Tortellini (20 oz.) Grated Parmesan Cheese (2/3 cup) Heavy Whipping Cream (1/2 cup)	Onion Powder (dash) Celery Seed (1/4 tsp.) Garlic Powder (3/4 tsp.) Chili Powder (1 ½ tsp.) Cumin (1 tsp.) Coriander (1 tsp.) Oregano (1 tsp.) Paprika (3/4 tsp.)
Wednesday: <a href="#">Chicken Pot Pie</a> \$8.67	Carrot (2) Bell Pepper (1)		
Thursday: <a href="#">Pork Chops with Creamy Mustard Sauce</a> \$6.61	<u>Pantry Staples</u> Active Dry yeast (2 ¼ tsp.) Granulated Sugar (2 tsp.) Olive Oil (5 Tbs.) White Vinegar (1 tsp.) Mayonnaise (3 Tbs.)		
Friday: <a href="#">Garlic Ranch Chicken Pizza</a> \$10.31			<u>Other</u> Dijon Mustard (1 Tbs.) Better Than Bouillon Base, (chicken flavor 1 tsp. or substitute 1 bouillon cube) Caesar Salad Dressing (2/3 cup) Basil Pesto (1/4 cup) Sunflower Seeds (1/3 cup) Toppings for Soup Optional (Green Onion, Sour Cream, Shredded Cheese, Cilantro, Avocado)
	<u>Meat</u> Bacon (1/2 cup cooked) Boneless Pork Chops (4) Boneless Skinless Chicken Breasts (1.5 Lb.) Chicken thighs (4-5 skinless)	<u>Canned Goods</u> Chicken Broth (6 1/2 cups) Black Olives (6 oz.) Diced Tomatoes (14.5 oz. can) Black Beans (1 can) Diced Green Chiles (4 oz.)	
Weekly Total: \$52.51			