

Tastes Better *from* SCRATCH

Monday: Chicken and Rice Casserole \$8.96	<u>Spices</u> Chili Powder Cumin Basil Oregano Salt and Pepper Garlic Powder Onion Flakes Onion Powder Parsley Flakes Celery Seed Paprika	<u>Bread/Grains</u> Flour Tortillas (4 large) Hamburger Buns (5) Long Grain White Rice (1 ½ cups) Penne (8 oz)	<u>Meat</u> Chicken Breasts or tenders (1 Lb) Chicken Breasts (3 thick) Ground Beef (1 Lb.)
Tuesday: Black Bean Quesadillas \$5.82			<u>Produce</u> Green Bell Pepper (1 1/4) Carrots (2) Celery (3 ribs) Fresh Basil (1/4 cup) Garlic (5 cloves) Lemon Juice (3 Tbs.) Onion (3) Red Bell Pepper (1)
Wednesday: Creamy Tomato Basil Soup \$12.04	<u>Refrigerated</u> Butter (1/2 cup) Corn (1 heaping cup) Parmesan (1 cup) Half and Half (1 ½ cups) Milk (2 1/2 cups) Sour Cream (optional topping) Cheddar Cheese (3.5 cups shredded)	<u>Pantry Staples</u> Flour (1/2 cup) Beef Bouillon Granules (2 Tbs.) Ketchup (1/3 cup) Light Brown Sugar (1 tsp.) Oil Olive Oil Yellow Mustard	<u>Canned Goods</u> Black Beans (15 oz. can) Cream of Chicken Soup (2 cans) Diced Tomatoes (3- 14.5 oz. cans) Chicken Broth (6 cups) Tomato Paste (2 Tbs.) Tomato Sauce (8 oz.)
Thursday: Chicken Fajita Pasta \$9.49		<u>Other</u> BBQ sauce (1/4 cup) Homemade Onion Soup Mix (1 batch) Salsa (1/4 cup) extra for topping Worcestershire Sauce (1 Tbs.)	
Friday: Sloppy Joes \$7.79			
Weekly Total: \$44.10			