

# Tastes Better *from* SCRATCH

Monday: Clam Chowder \$15.77	<p style="text-align: center;"><u>Produce</u></p> <p>Russet potatoes (1 ½ lb.) Onion (1 medium, yellow) Celery (3 ribs) Red bell pepper (1/2) Green bell pepper (1/2) Garlic (25 cloves) Fresh basil (for serving) Onions (1 large &amp; 1 small) Sweet bell peppers (6 red, yellow or orange) Green onions (2) Cilantro (1/4 cup chopped)</p> <p style="text-align: center;"><u>Refrigerated</u></p> <p>Butter (4 Tbs.) Milk (1 cup) Half &amp; Half (1 cup) Egg (3) Provolone cheese (10 slices) Parmesan cheese (1/2 cup) Mozzarella (1 cup shredded) Cheddar (shredded, 1 ½ cups also buy more for chili topping if wanted) Sour cream (optional for chili) Frozen corn (1 cup)</p>	<p style="text-align: center;"><u>Bread/Grains</u></p> <p>Saltine crackers (1/2 cup, crushed) Hoagie or sub rolls (5) Panko bread crumbs (1 cup) Italian style bread crumbs (1 cup) Cooked rice (1 ½ cups)</p> <p style="text-align: center;"><u>Spices</u></p> <p>Bay leaves (3) Salt &amp; pepper Parsley flakes Oregano Garlic powder Basil Crushed red pepper flakes Garlic salt Chili powder Paprika Cumin Cayenne Kosher salt</p> <p style="text-align: center;"><u>Other</u></p> <p>Ketchup (1 cup)</p>	<p style="text-align: center;"><u>Meat</u></p> <p>Beef or turkey (1 lb. Ground) Chicken breast (2 breasts) Ground beef (2 lbs.) Pork sausage (1 lb.)</p>
Tuesday: Meatball Subs \$15.15			<p style="text-align: center;"><u>Canned Goods</u></p> <p>Chopped clams (4 6.5 oz. cans) Chicken broth (1 cup) Beef broth (1/4 cup) Crushed tomatoes (18 oz.) Marinara (24 oz. or <a href="#">homemade</a>) Petite diced tomatoes (14.5 oz. can) Tomato juice (4 cups) Pinto beans (2 15 oz. cans) Diced tomatoes with green chiles (1 14.5 oz. can)</p>
Wednesday: Chicken Parmesan \$9.85			
Thursday: Chili \$19.70			
Friday: Southwest Vegetarian Stuffed Peppers \$16.33			<p style="text-align: center;"><u>Pantry Staples</u></p> <p>Olive oil (4 Tbs.) Flour (1 ¼ cups) Red wine vinegar (5 Tbs.) Sugar (1 tsp.) Oil (3 Tbs.) Brown sugar (1 Tbs.)</p>
<p><b>Weekly total: \$76.80</b></p>			