



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 & 1 small) Sweet bell peppers (6 red, yellow or orange) Green onions (2) Cilantro (1/4 cup chopped)</p> <hr/> <p style="text-align: center;"><u>Refrigerated</u></p> <p>Butter (4 Tbs.) Milk (1 cup) Half & 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> <hr/> <p style="text-align: center;"><u>Spices</u></p> <p>Bay leaves (3) Salt & pepper Parsley flakes Oregano Garlic powder Basil Crushed red pepper flakes Garlic salt Chili powder Paprika Cumin Cayenne Kosher salt</p> <hr/> <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 homemade) 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				<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>
Thursday: Chili \$19.70				
Friday: Southwest Vegetarian Stuffed Peppers \$16.33				
<p>Weekly total: \$76.80</p>				