

MEALS

MEAL #1 Smoky Tomato-Bacon Pasta

MEAL #2 White Chicken
Enchiladas

MEAL #3 Baked Ravioli

MEAL #4 Cheeseburger
Pie

MEAL #5 Baked Potato
Soup

MEAL #6 Ham & Cheese

Pockets

PRODUCE

1 large yellow onion

2 medium tomatoes

CANNED GOODS

Green Chiles (7 oz)

1 (28-oz) can diced tomatoes

1 (28-oz) can whole tomatoes

2 (14.5 oz) cans chicken broth

1 (12 oz) can evaporated milk

1 (28-oz) can crushed tomatoes

2 medium onions
2 large or 3 medium baking potatoes
cilantro, optional

DAIRY

Cream Cheese
Monterey Jack Cheese (1 lb)
Sour Cream (8 oz)
Mozarella cheese (8 oz)
Cottage Cheese (8 oz)
Cheddar Cheese (8 oz)
1 can (16 oz) Jumbo buttermilk biscuits

DRY GOODS

short cut pasta (1 lb)

PANTRY STAPLES

butter (1/4 cup + 3 T)
flour (1/4 cup + 3 T)
Olive oil (2 T)
garlic (3 cloves)
dried thyme or oregano (1 1/2 t)
Parmesan cheese (1/2 cup)
1 pie crust
vegetable oil

Worcestershire sauce eggs (2) yellow mustard

MEAT

1 lb Bacon

shredded, cooked chicken (2 cups) Ground beef (1 lb)

BREAD

8-10 soft taco sized flour tortillas

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DELI

4-8 slices deli ham

FROZEN

2 lbs ravioli

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