

This week's SHOPPING LIST

Produce

- ☐ 3 yellow onions
 - ☐ 1 white onion
 - ☐ 1 red onion (optional, for garnish)
 - ☐ 1 bunch green onions (for garnish + potato soup)
 - ☐ 3 heads garlic
 - ☐ 2 medium carrots
 - ☐ 2 celery stalks
 - ☐ 2 lbs russet potatoes
 - ☐ 1 lb red potatoes
 - ☐ 2 heads broccoli
 - ☐ ½ lb kale (or spinach if cheaper)
 - ☐ Cilantro, scallions, avocado (optional for garnish)
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Meat & Dairy

- ☐ 1 lb Italian sausage (hot or mild)
 - ☐ 8 oz bacon or turkey bacon
 - ☐ 1 cup sour cream
 - ☐ 1 cup heavy cream or half & half
 - ☐ ½ gallon whole milk
 - ☐ 1 stick (½ cup) unsalted butter
 - ☐ 12 oz white American cheese
 - ☐ 16 oz sharp cheddar cheese
 - ☐ 1 dozen eggs (for breakfast or extras)
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Pantry Staples & Seasonings

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- ☐ 3 cups dried black beans (or 2 cans if preferred)
- ☐ 1 can Great Northern beans
- ☐ 1 can diced green chilis
- ☐ 1 (28 oz) can whole or crushed tomatoes
- ☐ 2 additional cans of diced tomatoes (for stock/stretching recipes)
- ☐ Chicken broth (at least 8 cups) or bouillon cubes
- ☐ Vegetable broth (optional, for variety)
- ☐ All-purpose flour
- ☐ Cornstarch
- ☐ Smoked paprika
- ☐ Cayenne pepper
- ☐ Dried thyme
- ☐ White pepper (optional)
- ☐ Nutmeg (optional)
- ☐ Crushed red pepper flakes
- ☐ Salt & black pepper
- ☐ Olive oil
- ☐ Mayonnaise & Dijon mustard (for grilled cheese)
- ☐ Sourdough bread or sandwich bread
- ☐ Tortilla chips (optional garnish for black bean soup)

Smart Swaps & Savings Tips

- Use turkey bacon or skip entirely in the Loaded Potato Soup for a lighter option.
- Swap kale for spinach in Zuppa Toscana.
- Use evaporated milk instead of heavy cream in creamy soups.
- Frozen broccoli works fine in Broccoli Cheese Soup.
- Any melty cheese (cheddar, mozzarella, provolone) works for grilled cheese night.