

Shopping List for Week of February 22

Don't forget to check the recipes to make sure you have all of the seasonings and small stuff!

Fruits and Vegetables

2 pounds potatoes	0.4
5 onions	1.75
5 garlic cloves	1.75
2 red bell peppers	2
1 pound tomatoes	2.5
1 lemon	0.25
1 jalapeno	0.35
1/2 inch ginger	1.6

Dairy

1 egg	0.25
1 1/4 cup sour cream	1.59
1 cup cream	1.65
4 oz. cream cheese	1.75
2 TB grated parmesan	1.35
1 1/2 cups soy milk	0.6
2 cups shredded cheese	3.5
2 TB butter	0.54

Canned Foods

1 15 ounce can kidney beans	1.25
1 15 ounce black beans	1.25
1/4 cup canned jalapeno, drained	0.25
1 can diced green chilies	1.14
1/2 cup chicken broth	0.85
3 15 oz. cans diced tomatoes	3
2 15-ounce cans chickpeas	2.5

Oils and Baking Goods

3 TB vegetable oil	0.36
6 TB flour	0.18
4 TB olive oil	1.56
3 TB balsamic vinegar	0.75

Condiments and Seasonings

2 ts mustard	0.2
2 TB taco seasoning	0.75

Frozen Foods

10 ounces frozen peas	2.5
1 bag of tortilla chips	3.67
1 10 ounce package frozen spinach	1.69

Meat

4 chicken breasts	9.98
8 flour tortillas	2.69

Pastas and Such

1 cup quinoa, cooked	1.75
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Total	58.15