

Baking

- ☐ Brown sugar 2tbsp

Canned Goods

- ☐ Crushed tomatoes 28oz
- ☐ Diced tomatoes 14.5oz
- ☐ Diced tomatoes and green chiles 14.5oz
- ☐ Vegetable broth 46.5oz

Rice, Cereal & Legumes

- ☐ Bulgur 0.5 cups
- ☐ Garbanzo beans 1 can (15oz)
- ☐ Kidney beans 1 can (16oz)
- ☐ Pinto beans 1 can (15oz)

Vegetables

- ☐ Carrots 2 medium
- ☐ Cilantro 1 bunch
- ☐ Frozen corn 2 cups
- ☐ Garlic 7 cloves
- ☐ Green chiles 1 can (4oz)
- ☐ Onion 3 medium
- ☐ Red bell pepper 1 medium

Beverages

- ☐ Water 3 cups

Condiments & Spices

- ☐ Canola oil 3tbsp
- ☐ Cayenne pepper 0.5tsp
- ☐ Chili powder 2tsp
- ☐ Ground cinnamon 0.5tsp
- ☐ Ground cumin 1tbsp
- ☐ Ground ginger 2tsp
- ☐ Paprika 1tbsp
- ☐ Pepper 1tsp
- ☐ Soy sauce 2tbsp

Snacks

- ☐ Golden raisins 0.5 cup