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