

SHOPPING LIST MENU 16

PRODUCE

1/2 Medium Onion

DAIRY

1/2 Cup Shredded Cheddar Cheese (optional)

1 1/2 Cups Shredded Colby Cheese

1 Egg

1 3/4 Cup Milk

3 Tablespoons Butter

CANNED GOODS

14.5 Ounce Can Crushed Tomatoes

8 Ounce Can Kidney Beans

MEAT

1/2 Pound Very Lean Ground Beef

DRY GOODS

8.5 Ounce Box Corn Muffin Mix

1/2 Cup White Long Grain Rice

1/2 Cup Raisins

4-Serving Size Box Instant Vanilla Pudding

HERBS & SPICES

1/2 Teaspoon Chili Powder (or more, if desired)

1/4 Teaspoon Cumin Powder (optional)

Salt and Pepper

1 Teaspoon Dry Minced Onion

1/4 Teaspoon Ground Cinnamon (optional)

1 Teaspoon Real Vanilla Extract

OTHER

1 Tablespoon Cooking Oil