

## **SHOPPING LIST MENU 21**

### PRODUCE

1/2 Medium Onion  
1/2 Medium Green Pepper

### DAIRY

1/2 Cup Shredded Cheese (Monterey Jack, Colby or Jack Colby)  
2 Tablespoons Butter

### CANNED GOODS

14.5 Ounce Can Diced Tomatoes  
2 1/2 Cups Vegetable Juice Cocktail, Regular or Spicy

### MEAT

1/2 Pound Lean Ground Beef

### DRY GOODS

2/3 Cup White Long Grain Rice  
2 Tablespoons Sugar

### HERBS & SPICES

1/2 Teaspoon Garlic Powder  
Salt and Pepper  
1/2 Tablespoon Ground Cinnamon  
Pinch of Cayenne Pepper (optional)

### OTHER

1-2 Tablespoons Cooking Oil  
1/4 Cup Salsa  
4 Flour Tortillas, 10-inch size