

## **SHOPPING LIST MENU 22**

### DAIRY

- 1 Large Egg
- 1/3 Cup Milk
- 1/2 Cup Butter (1/4 pound)

### CANNED GOODS

- 16 Ounce Can Sliced Beets
- 15 Ounce Can Peach Halves or 3 fresh peaches in season

### MEAT

- 1-2 Slice Young Calf Liver

### DRY GOODS

- 1/2 Cup Flour
- 1/2 Cup Finely Crushed Saltine Crackers
- 4 Tablespoons Sugar

### HERBS & SPICES

- Salt and Pepper
- 1/8 Teaspoon Garlic Powder
- 1/4-1/2 Teaspoon Onion Powder
- 1/8 Teaspoon Nutmeg or Ground Cinnamon

### OTHER

- 1/4 Cup Lemon Juice
- 3 Teaspoons Vinegar
- 2 Teaspoons Cornstarch