

SHOPPING LIST MENU 36

PRODUCE

1/4 Small Onion
1/4 Green Pepper
1 Rib Celery
1/2 Pound Sliced Fresh Mushrooms

DAIRY

2 Tablespoons Butter

CANNED GOODS

15 Ounce Can Sliced Peaches

MEAT

1/2 Pound Very Lean Ground Beef

DRY GOODS

1 Tablespoon Cornstarch
1/3 Cup Quick Rolled Oatmeal
1 Tablespoon Packed Brown Sugar

HERBS & SPICES

3 Teaspoons Granulated Beef Bouillon
1/4 Teaspoon Garlic Powder
1/4 Teaspoon Dry Mustard
Salt and Pepper

FREEZER

4 Ounce Package Frozen Broccoli Spears

OTHER

2 Tablespoons Bread Crumbs