

Stock the Freezer: Freezer Soups Shopping List

Spices/Condiments

- Bay leaves
- Black pepper
- Brown sugar
- Canola oil
- Cayenne pepper
- Chili powder
- Ground cumin
- Lemon juice
- Minced garlic
- Olive oil
- Oregano
- Paprika
- Salt
- Thyme
- White sugar
- Worcestershire sauce

Dry Goods

- 32 oz beef broth
- 2 15-oz cans black beans
- 1 15-oz can corn
- 3 32-oz cartons
chicken/vegetable broth
- 1 can chipotle pepper in
adobo sauce
- 2 28-oz cans crushed
tomatoes

- 4 14.5-oz cans diced
tomatoes
- 16 oz. dry black beans
- 1 15-oz can pinto beans
- 1 6-oz can tomato paste
- 3 15-oz cans tomato
sauce
- 3 8-oz cans tomato sauce
- 2 cups cooked white rice

Produce

- 2 bell peppers
- 1 lb cabbage
- 2 carrots
- 1 jalapeno
- 1 lime
- 5 onions
- 2 tomatoes

Meat

- 2 lb boneless skinless
chicken thighs
- 2.5 lb ground beef

Refrigerated/Frozen

- 1 cup heavy cream