

# *Stock the Freezer: Vegetarian Shopping List*

## **Pantry Staples**

- basil
- black pepper
- cayenne pepper
- chili powder
- cumin
- lime juice
- minced garlic
- olive oil
- paprika
- salt
- sour cream

## **Frozen**

- 2 pie crusts
- 2 cups frozen corn

## **Dairy/Refrigerated**

- 13 eggs
- 2 oz feta cheese
- 12 oz monterey jack cheese
- 4 oz mozzarella cheese
- 2 oz parmesan cheese
- 12 oz cheddar cheese

## **Produce**

- 7 bell peppers
- 2 cups cooked broccoli
- 1/4 cup fresh cilantro
- 4 cups fresh spinach
- 1 jalapeno
- 1 red onion
- 2 sweet potatoes
- 1 yellow onion

## **Canned Goods**

- 2 cans black beans
- 1 can chipotle peppers in adobo
- 2 cans diced tomatoes
- 2 cans green chiles
- 1 can kidney beans
- 1.25 cups marinara sauce
- 1 can pinto beans
- 16 oz salsa verde
- 2 cups vegetable broth

## **Dry Goods**

- 1 cup uncooked quinoa
- 10 corn tortillas
- 16 jumbo pasta shells