

# Stock the Freezer: Freezer Casserole Shopping List

## Pantry

- all purpose flour
- basil
- black pepper
- cayenne pepper
- EVOO
- garlic powder
- garlic salt
- Italian seasoning
- minced garlic
- onion powder
- oregano
- salt
- thyme
- Worcestershire sauce

## Canned Goods / Condiments

- 3.5 cups chicken broth
- mayonnaise
- 1 packet brown gravy
- 2 cans cream of mushroom soup
- 2 cans cream of chicken soup
- 1 jar pasta sauce

## Meat

- 7 cups cooked chicken
- 1 lb ground beef
- 12 oz canned tuna

## Dairy/Refrigerated

- 5 tbsp butter
- 2.5 cups milk
- 6.5 cups cheddar cheese
- 8 oz cream cheese
- 6 cups mozzarella cheese
- 16 oz ricotta cheese
- 1/2 cup sour cream
- 1 egg
- 1/2 cup parmesan

## Dry Goods

- 15 lasagna noodles
- 8 oz egg noodles
- 2 cups potato chips
- 10 cups cooked rice
- 1 loaf french bread

## Frozen

- 1 cup frozen peas
- 2 cups frozen vegetables
- 1 bag frozen meatballs

## Produce

- 8 oz white mushrooms
- 4 cups cooked broccoli
- 3 cups spinach
- 4 cups cooked potatoes