



Supper Club Grocery List #116

Produce Section

- 15 cloves garlic, minced
- 1 large onion, chopped
- 1 large red onion, sliced into 1½" chunks
- 2 chipotle peppers, chopped
- 2 red peppers, chopped
- 4 oranges
- 4 roma tomatoes (for 4 cups diced)
- Chopped fresh oregano (for serving)
- Green onions
- Lemon (zest and juice from 1 medium + slices for serving)
- Tomatoes, diced (canned and/or fresh)

Baking Aisle

- All-purpose flour (2 1/2 cups)
- Brown sugar (1 tsp)
- Lasagna noodles, oven-ready (9-12 sheets)
- Yeast (2 1/4 tsp)

Dairy/Refrigerated Section

- 6 eggs
- ½ cup egg whites

- 1 cup shredded cheddar cheese
- ¼ cup crumbled feta
- ¾ cup milk
- 2 tbsp milk
- ½ cup tzatziki
- Sour cream
- Tater tots

Canned Goods Aisle

- 1 can (156 ml / 5 oz) tomato paste
- 1 can (798 ml / 28 oz) diced tomatoes
- 1½ cups black beans, cooked or 1 can (drained/rinsed)
- 1½ cups kidney beans, cooked or 1 can (drained/rinsed)
- Chili

Spices/Seasoning Aisle

- ¼ tsp chili powder
- 2 tbsp chili powder
- 2 tbsp cumin
- ¼ tsp garlic powder
- 1 tsp paprika
- ½ tsp onion powder
- ½ tsp sugar
- 1 ¼ tsp salt
- 3 tsp oregano
- ½ tsp basil
- ½ tsp freshly ground black pepper

Oil and Condiments Aisle

- 1 tbsp Buffalo Sauce (e.g. Frank's Red Hot)
- ¼ cup brown sugar
- 1 tbsp cornstarch
- 1 tbsp oregano
- 1 tbsp red wine vinegar
- ¼ cup olive oil
- 2 tbsp olive oil
- 4 tbsp white vinegar
- 1 tsp liquid smoke

Bakery & Grains

- 1 loaf of bread
- ⅔ cup dried lentils
- 1 cup rice, uncooked
- Corn chips

- Leftover marinade (boiled 30 sec)

Meat/Poultry Section

- ¾–1 lb lean ground beef
- 2 lbs pork loin

Miscellaneous

- Wooden skewers (likely in baking or seasonal/cookware)