

# *Freezer Meal Workshop with Ruth Ann*

from EverythingUnscripted.com

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## **Shopping List**

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| <p><b>Packaged:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 box Macaroni</li><li><input type="checkbox"/> 1 can Cr. Mushroom Soup</li><li><input type="checkbox"/> Worcestershire sauce</li><li><input type="checkbox"/> 1 bottle BBQ Sauce</li><li><input type="checkbox"/> 2 - 15 ounce cans black beans</li><li><input type="checkbox"/> 1 ½ cups enchilada sauce</li><li><input type="checkbox"/> 8 6-inch corn tortillas</li></ul> <p><b>Meat &amp; Dairy:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> 1 lb Lean Ground Meat</li><li><input type="checkbox"/> 2 lbs. bone-in chicken pieces thighs, breasts, and/or drumsticks (approx. 8 drumsticks)</li><li><input type="checkbox"/> 4 strips Bacon</li><li><input type="checkbox"/> 1 Egg</li><li><input type="checkbox"/> ½ cup Butter</li><li><input type="checkbox"/> 1 cup Sour Cream</li><li><input type="checkbox"/> 3 ½ cups Cheddar Cheese, cubed or grated</li><li><input type="checkbox"/> 1 cup shredded Mexican-blend</li></ul> | <p><b>Vegetables:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> 3 Onions</li><li><input type="checkbox"/> 8 Russet Potatoes</li><li><input type="checkbox"/> 1 pound baby red potatoes</li><li><input type="checkbox"/> ½ pound carrots</li><li><input type="checkbox"/> 2-3 cups fresh veggies (Green Beans/Broccoli/ Peppers/Brussel Sprouts)</li></ul> <p><b>Herbs, spices, seasonings:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Olive Oil</li><li><input type="checkbox"/> Onion Powder</li><li><input type="checkbox"/> Basil</li><li><input type="checkbox"/> Garlic Powder</li><li><input type="checkbox"/> Salt</li><li><input type="checkbox"/> Pepper</li></ul> |
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