



Grocery Shopping List: Ragin' Cajun Recipes

<p>Meats and Proteins:</p> <input type="checkbox"/> 3 lb lean ground chuck <input type="checkbox"/> 1 lb ground meat <input type="checkbox"/> 6 cans creme style red beans <input type="checkbox"/> 2 packs ground sirloin <input type="checkbox"/> Sausage <input type="checkbox"/> 1/2 lb. salt cod <input type="checkbox"/> 1 lb. chick peas <input type="checkbox"/> 1 chicken <input type="checkbox"/> 2 slices ham	<p>Vegetables/Fruits:</p> <input type="checkbox"/> 9 onions <input type="checkbox"/> 5 stalks celery <input type="checkbox"/> 5 bell peppers <input type="checkbox"/> 9 cloves garlic <input type="checkbox"/> 2 quarts shredded cabbage <input type="checkbox"/> 2 10oz cans diced tomatoes & green chili peppers <input type="checkbox"/> 1 can Rotel tomatoes <input type="checkbox"/> One 4 oz can mushroom stems & pieces <input type="checkbox"/> 1/4 lb. spinach <input type="checkbox"/> 2 cans okra and tomatoes <input type="checkbox"/> One 16 oz can stewed tomatoes
<p>Liquids:</p> <input type="checkbox"/> 3 tbs vegetable oil <input type="checkbox"/> 2 tbsp. olive oil	<p>Spices:</p> <input type="checkbox"/> salt <input type="checkbox"/> pepper <input type="checkbox"/> 2 bay leaf <input type="checkbox"/> 1/2 pod red pepper <input type="checkbox"/> 1 sprig of thyme or parsley <input type="checkbox"/> Cayenne to taste
<p>Other:</p> <input type="checkbox"/> 1 pkg cornbread mix <input type="checkbox"/> 3 beef bouillon cubes <input type="checkbox"/> Few strands saffron <input type="checkbox"/> 1 tbsp. shortening <input type="checkbox"/> 2 level spoons of butter <input type="checkbox"/> One 16 oz can blackeye peas with jalapenos	<p>Grains / Baking:</p> <input type="checkbox"/> 1 cup uncooked rice <input type="checkbox"/> 2 slices French bread <input type="checkbox"/> Garlic croutons (optional)