

## Grocery Shopping List: More Great Depression Recipes

Meats and Proteins: 1 lb. white beans 1 ham bone with the meat on it 1/2 pound (7-8 slices) of bacon 4 eggs 1 cup peanuts	Vegetables/Fruits:   4 stalks celery   1 green pepper   3 potatoes   2 onions   1 cup tomatoes   1/2 head of cabbage   1 1/2 cups of baby carrots   2 cups cooked or canned asparagus
Liquids: 6 cups milk 3 tablespoons of olive oil 1 box (32 oz) beef broth 1 tablespoon oil	Spices: salt pepper 1 bay leaf 1/2 tsp dry mustard 1/4 teaspoon of crushed red pepper
Other: soda crackers 8 Tbsp butter 1 cup cottage cheese	Grains / Baking: 1 1/2 cups wheat 4 Tbsp flour 1 cup rice

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