



Grocery Shopping List:

More Great Depression Recipes

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