



Grocery Shopping List: Beans Recipes

<p>Meats and Proteins:</p> <p><input type="checkbox"/> 1 3/4 lbs boneless, skinless chicken breast or thighs</p> <p><input type="checkbox"/> 2 (15 ounce) can black beans</p> <p><input type="checkbox"/> 1 (15 ounce) can navy beans</p> <p><input type="checkbox"/> 2 (15 ounce) can kidney beans</p> <p><input type="checkbox"/> 1 cup chicken breast</p> <p><input type="checkbox"/> 1 1lb can chick peas (garbanzo beans)</p> <p><input type="checkbox"/> 1 cup dry lentils</p> <p><input type="checkbox"/> 1 1/2 cups dried pinto beans</p> <p><input type="checkbox"/> 1 1/2 cups white kidney beans</p> <p><input type="checkbox"/> 1 cup dry kidney beans</p> <p><input type="checkbox"/> 1 cup dry lima beans</p> <p><input type="checkbox"/> 1 cup dry garbanzo beans</p> <p><input type="checkbox"/> 1/4 cup bacon bits</p> <p><input type="checkbox"/> 1 (16 ounce) can cannellini beans</p>	<p>Vegetables/Fruits:</p> <p><input type="checkbox"/> 4 onions</p> <p><input type="checkbox"/> 4 stalks celery</p> <p><input type="checkbox"/> 5 carrots</p> <p><input type="checkbox"/> 9 tomatoes</p> <p><input type="checkbox"/> 1 cup fresh Italian parsley</p> <p><input type="checkbox"/> 2 cups pineapple</p> <p><input type="checkbox"/> 12 cloves garlic</p> <p><input type="checkbox"/> 1 tsp. grated fresh lime peel</p> <p><input type="checkbox"/> 1 apple</p> <p><input type="checkbox"/> 1/2 cup frozen peas</p> <p><input type="checkbox"/> 4 (14.5 ounce) cans whole peeled tomatoes</p> <p><input type="checkbox"/> 2 (14.5 ounce) can diced tomatoes in juice</p> <p><input type="checkbox"/> 1 tablespoon chopped fresh parsley</p>
<p>Liquids:</p> <p><input type="checkbox"/> 1 tablespoon canola oil</p> <p><input type="checkbox"/> 1 (14.25 ounce) can chicken broth</p> <p><input type="checkbox"/> 1 cup dry red wine</p> <p><input type="checkbox"/> 2 TB fresh lime juice</p> <p><input type="checkbox"/> 5 tablespoons olive oil</p> <p><input type="checkbox"/> 1/4 cup barbeque sauce</p> <p><input type="checkbox"/> 1/4 cup vegetable oil</p> <p><input type="checkbox"/> 1/4 cup white wine</p> <p><input type="checkbox"/> 1 (49.5 fluid ounce) can chicken broth</p> <p><input type="checkbox"/> 1 tablespoon red wine vinegar</p>	<p>Spices:</p> <p><input type="checkbox"/> salt</p> <p><input type="checkbox"/> pepper</p> <p><input type="checkbox"/> 2 bay leaves</p> <p><input type="checkbox"/> 1 tablespoon Italian herbs</p> <p><input type="checkbox"/> 1 cup fresh cilantro</p> <p><input type="checkbox"/> 1 1/2 tsp. dried oregano</p> <p><input type="checkbox"/> 1/8 tsp. cayenne pepper</p> <p><input type="checkbox"/> 1 tablespoon + 1/2 teaspoon paprika</p> <p><input type="checkbox"/> 1 teaspoon mustard powder</p> <p><input type="checkbox"/> 1/2 teaspoon granulated garlic</p> <p><input type="checkbox"/> 1 tablespoon dried parsley</p> <p><input type="checkbox"/> 1 1/2 teaspoons ground sage</p> <p><input type="checkbox"/> 1/2 teaspoon dried thyme</p>
<p>Other:</p> <p><input type="checkbox"/> 1 cube vegetable bouillon</p> <p><input type="checkbox"/> 1/2 cup dried minced onion</p> <p><input type="checkbox"/> 1 tablespoon chicken bouillon powder</p> <p><input type="checkbox"/> 3 cubes beef bouillon</p> <p><input type="checkbox"/> 1/4 cup mixed vegetable flakes</p> <p><input type="checkbox"/> 1/2 cup roasted sweet red pepper strips</p>	<p>Grains / Baking:</p> <p><input type="checkbox"/> 1 TB firmly packed brown sugar</p> <p><input type="checkbox"/> 1/2 cup uncooked ditalini pasta</p>