



Grocery Shopping List: Meatless Recipes

<p>Meats and Proteins:</p> <p><input type="checkbox"/> 15 ounces kidney beans</p> <p><input type="checkbox"/> 1 can (16 oz) black eyed peas</p> <p><input type="checkbox"/> 2 (15-oz) cans Great Northern beans</p> <p><input type="checkbox"/> 1 (15-oz) can garbanzo beans</p> <p><input type="checkbox"/> 16 ounces firm tofu</p> <p><input type="checkbox"/> 1 (12-oz) can vegetarian chili</p> <p><input type="checkbox"/> 8 ounces low-fat cheddar cheese</p> <p><input type="checkbox"/> 2 15-oz cans chickpeas</p>	<p>Vegetables/Fruits:</p> <p><input type="checkbox"/> 2 potatoes</p> <p><input type="checkbox"/> 6 onions</p> <p><input type="checkbox"/> 4 carrots</p> <p><input type="checkbox"/> 1 1/2 cups corn</p> <p><input type="checkbox"/> 9 garlic cloves</p> <p><input type="checkbox"/> 1 1/2 cups stewed tomatoes</p> <p><input type="checkbox"/> 1 1/2 cups peas</p> <p><input type="checkbox"/> 1 can (28 ounces) tomatoes</p> <p><input type="checkbox"/> 1 large green bell pepper</p> <p><input type="checkbox"/> 1 yellow squash</p> <p><input type="checkbox"/> 3/4 cup celery</p> <p><input type="checkbox"/> 1 (14-ounce) can white sweet corn</p> <p><input type="checkbox"/> 1 (4-ounce) can diced green chiles</p> <p><input type="checkbox"/> 1/4 cup chopped parsley</p> <p><input type="checkbox"/> 1/2 lemon</p>
<p>Liquids:</p> <p><input type="checkbox"/> 1/2 cup vegetable broth</p> <p><input type="checkbox"/> 1/2 cup olive oil</p> <p><input type="checkbox"/> 5 3/4 cups vegetable broth</p> <p><input type="checkbox"/> 1 tsp. hot pepper sauce</p> <p><input type="checkbox"/> 16 ounces tomato sauce</p>	<p>Spices:</p> <p><input type="checkbox"/> salt</p> <p><input type="checkbox"/> pepper</p> <p><input type="checkbox"/> 2 1/2 teaspoons cumin</p> <p><input type="checkbox"/> 2 bay leaves</p> <p><input type="checkbox"/> 1 tsp. dried basil leaves</p> <p><input type="checkbox"/> 1 tsp. dried thyme leaves</p> <p><input type="checkbox"/> 2 teaspoons chili powder</p> <p><input type="checkbox"/> 1 1/2 teaspoon dried oregano</p> <p><input type="checkbox"/> 2 tablespoons Old Bay seasoning</p> <p><input type="checkbox"/> 2 teaspoons onion powder</p> <p><input type="checkbox"/> 1 teaspoon garlic powder</p>
<p>Other:</p> <p><input type="checkbox"/> 1/4 cup nonfat sour cream</p> <p><input type="checkbox"/> 5 tablespoons tomato paste</p> <p><input type="checkbox"/> 1/4 cup low-fat mayonnaise</p> <p><input type="checkbox"/> cooking spray</p> <p><input type="checkbox"/> 2 teaspoons peanut butter</p>	<p>Grains / Baking:</p> <p><input type="checkbox"/> 1 cup brown rice</p> <p><input type="checkbox"/> 2 cups cooked Basmati rice</p> <p><input type="checkbox"/> 1 cup breadcrumbs</p> <p><input type="checkbox"/> 12 corn tortillas</p>