

Shopping List: 8/23/2005

Canned Vegeta			Flour	1	0.00
Diced tomatoes - 14.5 oz.	1	1.00	Garlic salt	1	0.00
Crushed Tomatoes 28 oz.	2	0.99	Dry Mustard	1	0.00
Canned Green Beans 32 oz.	1	2.00	Cornstarch	1	0.00
Canned Corn	5	0.90	Parsley	1	0.00
Tomato Paste - 6 oz.	1	0.50	Pepper	1	0.00
Black beans	1	1.00	cayenne pepper	1	0.00
Rotel	3	1.50	Cooking sherry	1	0.00
Cheese			Olive Oil	1	0.00
Cheddar block	1	2.50	Parmesan Cheese	1	0.00
Shredded Cheddar Cheese - 2 cu	1	2.50	Pasta / Rice		
Mexican Blend - 2 cups	1	2.00	Spiral pasta (WW)	1	1.50
Deli			Spaghetti	1	0.90
Hoagie rolls	1	2.00	Produce		
Ethnic Food			Mushrooms, sliced	1	1.99
Teriyaki sauce	1	1.50	Salad mix	2	1.99
Flour tortillas	1	2.00	Red Bell Pepper	1	2.50
Enchilada Sauce (red)	1	1.50	Garlic cloves	1	0.75
Frozen Vegeta			ginger	1	1.50
Okra - 10 oz., not breaded	1	2.00	Green Onions	1	2.00
Fruit			Total:		
Your choice	1	3.00	\$64.10		
Apples	1	3.00			
Cantaloupe	1	2.00			
Meat					
Boneless chicken - 1/2 lb.	1	2.50			
Flank Steak - 1-1/2 lb.	1	5.00			
Nuts					
Cashews 4 oz.	1	2.00			
Pantry Items					
Red cooking wine	1	0.00			
Sauted Onion (from freezer)	1	0.00			
Salt	1	0.00			
rice vinegar	1	0.00			
Rice (preferably Calrose)	1	0.00			
Red Wine Vinegar	1	0.00			
Yeast	1	0.00			
Worcestershire Sauce	1	0.00			
Salad Dressing	1	0.00			
Sugar	1	0.00			
Sour cream	1	0.00			
Sesame Oil	1	0.00			
Adobo	1	0.00			
Soy sauce	1	0.00			
Butter	1	0.00			
Hot sauce	1	0.00			
Browned beef (from Freezer)	2	0.00			