

April 2026 - 2



Ham and Bean Soup



Chicken Tortilla Soup



White Bean Soup with Bacon



Sweet and Sour Pork



The BEST Oven Fried Chicken
[VIDEO]



Easy Loaded Baked Potato Quiche

Grocery List

Pantry

<input type="checkbox"/> Oil	3 tbsp
<input type="checkbox"/> Salt	3 tsp
<input type="checkbox"/> Chicken Bouillon	1 tsp
<input type="checkbox"/> White Kidney Beans	4 cans
<input type="checkbox"/> Tomato Paste	2 tbsp
<input type="checkbox"/> Low Sodium Diced Tomatoes	400 ml
<input type="checkbox"/> Canned Black Beans	1 cup
<input type="checkbox"/> Brown sugar	0.5 cups
<input type="checkbox"/> Ketchup	0.25 cups
<input type="checkbox"/> White vinegar	0.33 cups
<input type="checkbox"/> Cornstarch	5 tbsp
<input type="checkbox"/> Canola oil	2 tbsp
<input type="checkbox"/> Panko bread crumbs	1 cups
<input type="checkbox"/> All-purpose flour	0.75 cups

Produce

<input type="checkbox"/> Carrots	5 large
<input type="checkbox"/> Celery	4 ribs
<input type="checkbox"/> Onion	5 medium
<input type="checkbox"/> Red Pepper	1 medium
<input type="checkbox"/> Jalapeno	1 medium
<input type="checkbox"/> Garlic	4 cloves
<input type="checkbox"/> Fresh Chopped Parsley or Spinach	1 bunch
<input type="checkbox"/> Red bell pepper	1 count
<input type="checkbox"/> Green bell pepper	1 count
<input type="checkbox"/> Pineapple chunks	1.5 cups

Spices & Seasonings

<input type="checkbox"/> Garlic	2 tsp
<input type="checkbox"/> Dried Thyme	2 tsp
<input type="checkbox"/> Dried Parsley	2 tsp
<input type="checkbox"/> Black Pepper	1 tsp
<input type="checkbox"/> Minced Garlic	3 tsp
<input type="checkbox"/> Cumin	1 tsp
<input type="checkbox"/> Chili Powder	1 tsp
<input type="checkbox"/> Dried Oregano	1 tsp
<input type="checkbox"/> Paprika	2.25 tsp
<input type="checkbox"/> Pepper	0.75 tsp
<input type="checkbox"/> Red Chili Flakes	0.25 tsp
<input type="checkbox"/> Minced ginger	1 tsp
<input type="checkbox"/> Seasoning salt	1 tbsp

Meat & Seafood

<input type="checkbox"/> Ham Bone	1 each
<input type="checkbox"/> Chopped Ham	2 cups
<input type="checkbox"/> Boneless, Skinless Chicken Breasts	2 count
<input type="checkbox"/> Bacon	9 slices
<input type="checkbox"/> Pork tenderloin	1 lb

Dairy & Eggs

- Half-and-half 0.75 cups
- Grated Parmesan Cheese 0.25 cups
- Eggs 7 each
- Milk 0.75 cups
- Sour cream 1 each

Other

- Water 8 cups
- Low Sodium Chicken Broth 8 cups
- Canned Corn 341 ml
- Pineapple juice 1 cups

Shop ingredients on 

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