

THE DISH LIST

INGREDIENTS FOR THIS WEEK'S RECIPES

PRODUCE

- ☐ 4 Small Yellow Onions
- ☐ 2 Roma Tomatoes
- ☐ 1 Pkg. (10 Oz.) Sliced White Mushrooms
- ☐ 1 Bunch Celery
- ☐ 1 Bunch Cilantro
- ☐ 1 Bag Carrots
- ☐ 1 Red Bell Pepper
- ☐ 1 Bulb Garlic

MARKET/SEAFOOD

- ☐ 1 Lb. Boneless Skinless Chicken Breasts
- ☐ 3 Lbs. H-E-B Boneless Center Cut Pork Loin Roast
- ☐ 1.5 Lbs. H-E-B 90% Lean Ground Beef
- ☐ 4 Tilapia Fillets
- ☐ 1 Bag H-E-B Fully Cooked Seasoned Chicken Breast Fillets

FROZEN

- ☐ 1 Bag (16 Oz.) H-E-B Frozen Mixed Vegetables
- ☐ 1 Bag (16 Oz.) Frozen Broccoli & Cauliflower Florets

DAIRY

- ☐ 1 Pkg. (12 Oz.) H-E-B Queso Fresco
- ☐ 1 Bag (10 Oz.) H-E-B 2% Reduced Fat Shredded Cheddar Cheese

GROCERY

- ☐ 1 Box (17.3 Oz.) H-E-B Spicy Southwestern Style Black Bean Soup
- ☐ 1 Pk. (50 Ct.) H-E-B White Corn Tortillas
- ☐ H-E-B Extra Virgin Olive Oil
- ☐ 1 Box (48 Oz.) H-E-B Reduced Sodium Chicken Broth
- ☐ Central Market Dried Rosemary
- ☐ H-E-B Kosher Salt
- ☐ 1 Box (13.25 Oz.) H-E-B Whole Wheat Penne Pasta
- ☐ 1 Pkt. H-E-B Low-Sodium Taco Seasoning Mix

- ☐ 3 Cans (4 Oz.) Diced Green Chilies
- ☐ 1 Can (14.5 Oz.) H-E-B No Salt Added Diced Tomatoes
- ☐ Ground Cumin
- ☐ Garlic Powder
- ☐ Canola Oil
- ☐ Ground Black Pepper
- ☐ Central Market Dried Thyme
- ☐ 1 Can (14.5 Oz.) H-E-B Reduced Sodium Beef Broth
- ☐ 2 Cans (14.5 Oz.) H-E-B Diced Tomatoes With Green Chilies
- ☐ 1 Jar H-E-B Capers
- ☐ 1 Jar Central Market Chopped Spanish Olives
- ☐ Dried Oregano
- ☐ 1 Can (8 Ct.) Whole Wheat Reduced Fat Biscuits
- ☐ Non-Stick Cooking Spray
- ☐ Complete Instant Mashed Potatoes

KITCHEN Essentials

KEEP THESE BASICS IN STOCK.

TORTILLA WARMERS are essential for creating memorable enchiladas, tacos and other tortilla dishes. Seconds in the microwave will produce warm corn tortillas that are easily filled and rolled without cracks or breaks. Additionally, the warm tortillas will absorb more flavor than cold ones. As a bonus, the warmer can also be used to microwave potatoes in a matter of minutes!