

# Wednesday Grocery List

## Meal: Beef Barley Soup with a side of Cornbread

### For the Beef Barley Soup You'll Need:

- ☐ 2-3 pounds beef (shoulder or roast)
- ☐ 1/2 red bell pepper
- ☐ 1 small onion
- ☐ 1 package frozen lima beans
- ☐ 1 can white beans (great northern)
- ☐ 1 can whole kernel corn
- ☐ 1 cup uncooked barley
- ☐ 1 large can diced tomatoes
- ☐ 1 small can tomato paste
- ☐ 2 cartons of beef broth
- ☐ 1 cup red wine
- ☐ 3 cloves garlic
- ☐ Salt and Pepper

### For the Cornbread You'll Need:

- ☐ 2 cups cornmeal
- ☐ Baking Powder
- ☐ Salt
- ☐ Sugar
- ☐ 1 egg
- ☐ 1 1/2 cups buttermilk
- ☐ Olive oil
- ☐ Bacon drippings

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## Meal: Tomatillo Pork Roast with a Side of Refried Beans and a Tomato and Avocado Salad

### For the Tomatillo Pork Roast You'll Need:

- ☐ 2 - 3 pound pork roast
- ☐ 2 cups tomatillo salsa
- ☐ 1/4 cup white wine vinegar
- ☐ Salt and pepper

### For the Refried Beans You'll Need:

- ☐ Pinto beans cooked
- ☐ water
- ☐ 2 cloves garlic
- ☐ Chili Powder
- ☐ Salt
- ☐ Olive oil
- ☐ Onion

### For the Tomato and Avocado Salad You'll Need:

- ☐ 1 Avocado
- ☐ 1 Tomato
- ☐ Salt and pepper
- ☐ Extra Virgin Olive Oil
- ☐ Balsamic Vinegar

