

FREEZER COOKING RECIPES

shopping list

THIS LIST INCLUDES ALL THE INGREDIENTS TO MAKE **ONE** OF EACH RECIPE INCLUDED IN THE POST. MULTIPLY ACCORDINGLY

MEAT:

- 8 boneless, skinless chicken breasts
- 1 rotisserie chicken

PRODUCE:

- 3 yellow or white onions
- 3 large carrots
- 1 cup mushrooms
- 5 cloves garlic
- 3 roma tomatoes
- 2 jalapenos
- 4 celery stalks

CANNED GOODS:

- 1 can cream of mushroom
- 1 can coconut milk
- 1 can diced green chiles
- 8 cups chicken stock
- 1 jar spaghetti sauce

OTHER:

- 2 large eggs
- 1 dozen white corn tortillas
- 8 oz bag of spaghetti pasta
- 1 cup barley

DAIRY:

- grated parmesan
- 2 cups monterey jack cheese
- 1 cup mozzarella

CONDIMENTS & SPICES

- cilantro (fresh)
- ground cumin
- oregano
- parsley (dry and fresh)
- basil
- bay leaves
- garlic salt
- 2-6 TBS green curry paste
- panko bread crumbs

ON THE DAY YOU MAKE EACH RECIPE, YOU WILL ALSO NEED:

CHICKEN ENCHILADAS

- sour cream
- salsa
- guacamole
- corn tortilla chips

THAI GREEN CURRY

- limes
- fresh cilantro
- steamed jasmine rice

CHICKEN PARMESAN

- extra parmesan
- garlic bread

VEGETABLE BARLEY SOUP

- crackers or crusty bread
- parmesan cheese

RECIPE LINKS AND DIRECTIONS AT WWW.KOJO-DESIGNS.COM