

Spring Grocery List #9 (does not include side dish suggestions)

Snapper Veracruz * Beef Mushroom Dips * Fettuccine with Mushrooms * Spinach Burgers * Chicken Carne Asada Tacos

Produce

Large Portobello mushrooms (1 for each person) (*Beef Mushroom Dips*)
1 lb fresh white mushrooms (*Fettuccine with Mushrooms*)
green onions (*Fettuccine with Mushrooms*)
2 medium red onions (*Spinach Burgers, Chicken Carne Asada Tacos*)
garlic (*Fettuccine with Mushrooms, Spinach Burgers*)
2 medium tomatoes (*Fettuccine with Mushrooms*)
basil (or use dried) (*Fettuccine with Mushrooms*)
1 avocado (*Chicken Carne Asada Tacos*)
lime juice (*Chicken Carne Asada Tacos*)

Meat, Poultry, & Fish

4 snapper fillets (or other firm white fish) (*Snapper Veracruz*)
Beef Round Roast- any size (each 1 ½ lbs. will serve 4) (*Beef Mushroom Dips*)
20 oz ground turkey (*Spinach Burgers*)
3 boneless chicken breast halves (*Chicken Carne Asada Tacos*)

Dairy

reduced fat ricotta cheese (*Fettuccine with Mushrooms*)
reduced fat feta cheese (*Fettuccine with Mushrooms, Spinach Burgers*)
2 oz orange juice (*Chicken Carne Asada Tacos*)
2 oz Cotija cheese (*Chicken Carne Asada Tacos*)

Pasta, Rice, & Legumes

1 (8-10 oz) pkg. seasoned yellow rice mix (*Snapper Veracruz*)
8 oz fettuccine (*Fettuccine with Mushrooms*)

Breads and Tortillas

Hoagie buns (1 per serving) (*Beef Mushroom Dips*)

Baking Aisle

Non-stick cooking spray
olive oil
sugar (*Chicken Carne Asada Tacos*)

Frozen

10 oz frozen chopped spinach (*Spinach Burgers*)

Canned

1 (14½ oz) can Mexican style diced tomatoes (*Snapper Veracruz*)

Soups and Packaged Mixes

1 box dry mushroom onion soup mix (*Beef Mushroom Dips*)

Spices and seasonings

Salt
pepper
oregano (*Spinach Burgers, Chicken Carne Asada Tacos*)
Steak seasoning (I use Montreal Spicy Steak Seasoning) (*Spinach Burgers*)
ground cumin (*Chicken Carne Asada Tacos*)

Condiments

1 (4 oz) can sliced olives (*Snapper Veracruz*)
hot pepper sauce (optional) (*Snapper Veracruz*)

Mexican

8 corn tortillas (*Chicken Carne Asada Tacos*)