

May Shopping List

Meat

- 1 lb lean (at least 80%) ground beef

Canned/Jarred

- 2 cans (10 oz each) mild red enchilada sauce
- 1 can (4.5 oz) chopped green chiles
- *optional 1 can (4.5 oz) sliced black olives
- Two 10-ounce cans diced tomatoes and green chiles, such as Rotel
- One 28 oz can whole tomatoes with juice

Bread

- 1 package (8.2 oz) flour tortillas for soft tacos & fajitas (6 inch) or make your own using recipe

Dairy/ Refrigerator Section

- 1 1/2 cups shredded Cheddar cheese (6 oz)
- 2 cans refrigerated crescent rolls
- 2 packages (8 oz each) cream cheese, softened
- 1/2 cup butter, melted

Produce

- 3 medium ripe avocados
- 2 garlic cloves, minced
- 2 small onions
- 2 limes
- 3/4 cup fresh cilantro
- 1 whole jalapeno
- *optional 2 medium tomatoes

Spices/Baking

- 1 teaspoon salt
- 2 teaspoons ground cumin
- 2 cups sugar
- 1 teaspoon vanilla
- 1 tablespoon ground cinnamon

If making homemade tortillas, you will also need:

- 3 cup flour
- 2 teaspoon baking powder
- 6 tablespoons shortening
- 1 cup hot tap water
- 1/2 teaspoon salt (or to taste)

