

HOW TO MAKE 5 FREEZER FRIENDLY MEXICAN MEALS IN 1 HOUR

SHOPPING LIST

All meals serve 4

* = Optional items



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SHOPPING LIST	Notes	Total Required	Pork Carnitas	Homemade Enchilada Sauce	Mexican Pizzas	Mexican Sliders	Mexican Lasagna	Soup	Quesadillas
THINGS YOU PROBABLY HAVE									
<input type="checkbox"/> Vegetable oil		1/4 cup		1/4 cup					
<input type="checkbox"/> Olive oil		3 tbsp	1 tbsp			1/2 tbsp		1 tbsp	1/2 tbsp
<input type="checkbox"/> Plain flour		1/4 cup		1/4 cup					
<input type="checkbox"/> Butter		3 tbsp				1 1/2 tbsp			1 1/2 tbsp
<input type="checkbox"/> Brown sugar		4 tbsp		1 tbsp		1 1/2 tbsp			1 1/2 tbsp
<input type="checkbox"/> Balsamic Vinegar		2 tbsp				1 tbsp			1 tbsp
<input type="checkbox"/> Salt and pepper									
SPICES									
<input type="checkbox"/> Chilli powder *		1/2 tsp		1/4 tsp				1/4 tsp	
<input type="checkbox"/> Dried oregano		3 1/2 tsp	1 tbsp	1 1/2 tsp					
<input type="checkbox"/> Cumin powder		5 tsp	2 tsp	1 tsp				2 tsp	
<input type="checkbox"/> Garlic powder		1 tsp		1 tsp					
<input type="checkbox"/> Onion powder		1 tsp		1 tsp					
<input type="checkbox"/> Paprika powder		1 tsp						1 tsp	
<input type="checkbox"/> Chicken or vegetable stock (broth)		1L / 2 pints						1L / 2 pints	
FRESH PRODUCE									
<input type="checkbox"/> Parsley or coriander (chopped)		4 tbsp			2 tbsp	1 tbsp	1 tbsp		1 tbsp*
<input type="checkbox"/> Red capsicum		3			0.5		1	1	0.5
<input type="checkbox"/> Brown onions		6	1			2		1	2
<input type="checkbox"/> Shallots/scallion (stalks)		4			4				
<input type="checkbox"/> Jalapeno *		1	1						
<input type="checkbox"/> Garlic		6 cloves	4 cloves			2 cloves			
<input type="checkbox"/> Oranges		2	2						
<input type="checkbox"/> Avocado *	5	1						1	
BUTCHER									
<input type="checkbox"/> Pork Shoulder - 2.5kg/5lb bone in, 2kg/4lb without bone		1	1						
DAIRY									
<input type="checkbox"/> Mozzarella cheese	8	600g/20oz			1 1/2 cups	1/2 cup	1 cup		1 1/2 cups
<input type="checkbox"/> Grated tasty cheese *	5	60g						1/2 cup	
<input type="checkbox"/> Sour cream *	5	1/4 cup						1/4 cup	
CANNED									
<input type="checkbox"/> Passata (800g/20oz large cans)	2	2 cans		800g/28oz				800g/28oz	
<input type="checkbox"/> Corn kernels (400g/15oz cans)	3	3 cans			1/2 cup	400g/15oz	400g/15oz		1/2 cup
<input type="checkbox"/> Black beans	7	2 cans				400g/15oz	400g/15oz		
BREADS									
<input type="checkbox"/> Lebanese flatbreads	1	4			4				
<input type="checkbox"/> Soft white bread rolls		4				4			
<input type="checkbox"/> Tortillas		13					5		8
OTHER									
<input type="checkbox"/> Corn Chips or Doritos *	5	50g / 1.5 oz						50g / 1.5 oz	
THINGS TO MAKE									
<input type="checkbox"/> Enchilada sauce	6	3 1/2 cups			1 cup	1/2 cup	2 cups		
<input type="checkbox"/> Pork Carnitas	4	8 1/2 cups			1 1/2 cups	1 1/2 cups	2 cups	2 cups	1 1/2 cups

1. Large flatbreads (about 30cm /12 inches in diameter) to use as pizza bases.
2. Or crushed tinned tomatoes.
3. You can get either canned or frozen corn.
4. You may have leftover Pork Carnitas. 2.5kg/5lb (bone in) makes about 10 cups. Keep leftovers in a ziplock bag in the freezer.

5. Optional toppings for Taco Soup.
6. If you prefer to use store bought Enchilada Sauce, you will need to purchase 825ml/28oz which equals 3 1/2 cups.
7. You can substitute black beans with red kidney beans.
8. Cheese for all other than pizza can be substituted with any good melting cheese.