

Remember: I doubled each one of the ingredients to double the meals....

Ingredient	Amount/1 recipe
Beans- Dry	1 cup
Bell Peppers	8
Black Beans	1- 15 oz can
Butter Beans	1 can
Carrots	16
Celery	5 stalks
Chicken Breasts	12
Chili Beans	1- 16oz can
Cilantro	1 bunch
Dry Mustard	3 TS
Enchilada Sauce	1- 10oz can
Frozen Corn	1 big package
Frozen Green Peas	1/2 cup
Frozen Stir Fry Veggie Mix	16 oz bag
Garbanzo Beans	1 can
Garlic Minced	13 cloves worth
Gold Potatoes	2
Green Chile Peppers	1- 4oz can
Ground Beef	1lb
Honey	1/4 cup
Kidney Beans	1 can
Mushrooms	1/2 pound
Onions	11
Pork Roast	1 lb
Rice	3 TS
Sausage	1lb
Spaghetti Sauce	1 large can
Stew Meat	2 lbs
Sweet Potatoes	5
Taco Seasoning	1 pkt
Tomato Sauce	4- 15oz cans
Tomatos	1-14oz cans
Tomatoes with Chili peppers	3- 10oz cans
whole corn	1- 15 oz can
whole peeled tomatoes	1- 15 oz can
whole stewed tomatoes	1- 28 oz can
Zucchini	8