

Cocina Hispana Shopping List:

Grains

- 1 Tortillas, Corn, 16 Count
- 2 Brown Rice, 16 Ounce (oz)
- 1 Tortillas 8-inch, Whole Wheat, 10 Count

Protein

- 1 Refried Beans, Fat Free, Canned, 16 Ounce (oz)
- 1 Eggs, 1 Dozen
- 3 Black Beans, Reduced Sodium, 15 Ounce (oz)
- 1 Poultry/Chicken, Thighs, 2.3 Pound(s)
- 2 Pinto Beans, Canned, 15 Ounce (oz)
- 1 Poultry/Chicken, Breast, 1.9 Pound(s)
- 1 Kidney Beans, Dark Red, 15 Ounce (oz)

Dairy

- 4 Cheddar Cheese (Shredded), Reduced Fat , 8 Ounce (oz)
- 1 Yogurt (Plain), Non-Fat, 32 Ounce (oz)
- 1 Cheese, Parmesan, Grated, 8 Ounce (oz)

Other

- 2 Salsa, Low Sodium, 16 Ounce (oz)
- 1 Broth (Chicken), Lower Sodium, 32 Ounce (oz)

Vegetables

- 5 Bell Pepper, Red, 1 Count
- 2 Tomato (Roma), Whole, 2 Count
- 1 Onion (Large Yellow), Whole, 1 Count
- 1 Corn, Low Sodium, 15 Ounce (oz)
- 1 Scallions, 1 Bunch
- 4 Onion (Large White), Whole, 1 Count
- 1 Fresh Garlic (1 Bulb)
- 2 Bell Pepper, Green, 1 Count
- 2 Jalapeño Peppers, Whole, 1 Count
- 3 Tomatoes, Diced, 14 Ounce (oz)
- 1 Mixed Vegetables Blend, Frozen, 12 Ounces (oz)
- 1 Potatoes, Russet, 5 Pound(s)
- 1 Cilantro, 1 Bunch
- 4 Corn, Cob, 1 Count

Fruits

- 2 Avocado, Hass, Whole, 1 Count
- 2 Lime, Whole, 1 Count

