

Name: _____

Shopping on a Budget!

You are going shopping. Using online grocery shopping, find the size, price and store where found. These are generally some of the least expensive ingredients to use for cooking.

Grocery Item	Size	Price	Store
Pinto Beans (dried)			
Black Beans (dried)			
Garbanzo Beans (dried)			
Lentils (dried)			
Eggs			
Peanut Butter			
Chicken Leg Quarters			
Oatmeal			
Canned Salmon			
Canned Tuna			
Chorizo Sausage			
Pasta			
Rice			
Bananas			
White Potatoes			
Sweet Potatoes			
Carrots			
Garlic			
Onions			
Green Cabbage			
Canned Tomatoes			
Spaghetti Sauce			
Canned Green Beans			
Canned Corn			
Tea bags			
Hot Sauce			
Tortillas			
Oil			
Yeast			
Flour			
Sugar			
Salt			

Find and write 2 recipes that use at least one of the listed ingredients as one of the main ingredients.

recipe

prep time cook time serves

INGREDIENTS

DIRECTIONS

recipe

prep time cook time serves

INGREDIENTS

DIRECTIONS

What other ingredients do you need to buy? _____
