

spices

- dry ranch dressing mix
- taco seasoning
- brown gravy packet
- salt
- pepper
- paprika
- cumin
- chili powder
- cayenne pepper
- garlic powder
- basil
- thyme
- oregano

- tamari or low sodium soy sauce
- rice vinegar
- sesame oil
- canola or vegetable oil
- sesame seeds
- long grain brown rice
- kidney beans
- black beans
- corn
- tomato sauce
- picante sauce
- taco seasoning
- uncooked flour or corn tortillas
- sriracha

meat

- rump roast or chuck roast
- pork butt
- boneless, skinless chicken breasts or thighs
- cross rib roast or chuck roast

pantry

- beef broth
- sugar
- brown sugar
- apple cider vinegar
- ketchup
- chicken broth
- olive oil
- balsamic vinegar
- crushed tomatoes
- cornstarch
- great northern (or other white beans) beans
- pearl barley
- canned green beans

produce

- russet potatoes
- lemon
- spinach
- garlic
- ginger root
- purple cabbage
- carrot
- green onions
- lime
- cilantro
- avocado

dairy

- milk or cream
- butter
- mozzarella cheese
- parmesan cheese
- grated cheddar
- sour cream