

# 20 Budget Friendly Meals GROCERY LIST



## THIS WEEK'S RECIPES:

Tofu and Spring Vegetable Stir-Fry  
Yogurt-Spiced Chicken  
With Grilled Tomato Kabobs  
Quick Lentil Curry  
Pork Tenderloin with Mushroom  
Gravy and Egg Noodles  
Chili Mac

## YOU'LL ALSO NEED:

Vegetable oil  
Salt and pepper  
Olive oil  
Butter

- 4 tsp cornstarch
- 3 green onion
- 2 cups stemmed shiitake mushroom
- 2 cups cherry tomatoes
- ½ red onion
- 2 onions
- 3 cups napa cabbage
- 4 inches fresh ginger
- 1 cup halved grape tomatoes
- 2 tbsp fresh cilantro
- 1 finger-size strip seeded hot red chili peppers or hot green chili peppers
- 2 ribs celery
- 2 carrots
- 10 cloves garlic
- 2 pkg (each 227 g) cremini mushrooms
- Fresh thyme
- 2 tbsp chopped fresh parsley
- ¼ cup 2% plain yogurt
- 2 tbsp light sour cream
- 4 eggs
- 1 lb boneless skinless chicken thighs
- 1-½ lb extra-lean ground beef
- 450g pork tenderloin
- 1 pkg (350 g) extra-firm tofu
- ⅔ cup no-salt-added vegetable broth
- ¾ cup sodium-reduced chicken broth
- 1 tbsp sodium-reduced soy sauce
- 1 tbsp hoisin sauce
- 2 tbsp Worcestershire sauce
- 1 tsp balsamic vinegar
- 2 tsp unseasoned rice vinegar
- 2 tsp Dijon mustard
- 2 tsp sesame oil
- 3 tbsp lemon juice
- 1 tbsp tomato paste
- 3 tbsp packed light brown sugar
- 1 cup dried green lentils
- 1 can (28 oz/796 mL) crushed tomatoes
- 1 can (28 oz/796 mL) diced tomatoes
- 1 can (19 oz/540 mL) kidney beans
- 4 cups radiatore pasta or short pasta
- 140 g egg noodles
- 3-½ tsp garam masala
- ¼ tsp turmeric
- 2 tbsp chili powder
- 1 tsp ground cumin
- ½ tsp dried thyme
- ½ cup frozen peas