

Shopping List: 5 Casserole Freezer Meals

(Baked Ziti, Chicken and Black Bean Casserole, Italian Sausage Stuffed Shells, Baked Spaghetti, Tuna Casserole)

Pantry Staples:

- 2 tablespoons all-purpose flour
- Cumin
- Cayenne pepper
- Olive oil
- Salt and Pepper
- Butter
- 2 ½ cups milk
- 2 eggs
- Brown rice
- Bread crumbs

Shopping List:

Meat

- ½ pound ground beef
- 2 cups cooked chicken
- 2 pounds mild italian sausage

Cheese

- 2 ¾ cups grated parmesan cheese
- 7 cups shredded mozzarella cheese
- 5 ½ cups shredded cheddar cheese
- 2 16 oz. containers whole milk ricotta cheese

Canned and Dry Goods

- 1 pound ziti or penne pasta
- 12 oz. jumbo shells
- 1 pound spaghetti
- 8 oz. elbow macaroni
- 3 32 oz jars marinara sauce
- 2 cups chicken stock (2 16 oz cans or ½ carton)
- 1 Cream of celery soup
- 12 oz. can tuna
- 16 oz. fire roasted diced tomatoes
- 2 16 oz. cans black beans

Produce

- 5 onions
- 2 cups broccoli (fresh or frozen)
- 1 bunch fresh flat leaf Italian parsley
- 1 green bell pepper
- 1 head of garlic