

Shopping Lists for *Once-A-Month Cooking Family Favorites*

Shopping List for One-Month Cycle A

Produce

- Almonds, sliced – 1 tablespoon needed
- Cabbage - 1 head (2 cups needed)*
- Carrots – 4 (2 cups chopped)
- Cilantro - 1 bunch (13 tablespoons chopped) (2 tablespoons*)
- Cranberries, dried (or raisins) – ½ cup needed
- Parsley - 1 bunch (5 tablespoons needed) (2 tablespoons*)
- Garlic chopped - 1 jar (26 cloves equivalent)
- Green bell pepper – 3 (3 cups chopped)
- Mushrooms, fresh sliced – 8 ounces (1/2 cup sliced needed)
- Onion - 8 medium (1-1/2 onions sliced, 6-1/2 chopped [13 cups])
- Orange - 1 (includes orange zest)*
- Red bell pepper – 2 (2 cups chopped)
- Zucchini – 1 (3/4 cup needed)

Dairy

- Cheddar cheese, shredded sharp - 1 16-ounce package (12-ounces needed)
- Cottage cheese, low fat - 1 32-ounce carton (28-ounces needed)
- Cream cheese – 3-ounces needed
- Monterey Jack cheese, shredded -- 1 24-ounce package (4 ounces*)
- Mozzarella cheese, shredded – 1 8-ounce package
- Parmesan cheese, grated - 2 cups*
- Pastry shell, unbaked, for 9-inch pie: 3
- Ricotta, part-skim - 2 15-ounce containers (21-ounces needed)
- Sour cream - 1 24-ounce container
- Swiss cheese, shredded – 1 8-ounce package
- Whipping cream – ½ pint (1/2 cup needed)*

Frozen

- Broccoli, frozen - 2 10-ounce boxes florets
- Corn, whole kernel, frozen – 1 10-ounce package (1 cup needed)

- Green beans - 1 10-ounce package (1 cup needed)
- Mixed vegetables – 1 16-ounce package (2 cups needed)
- Spinach, chopped - 2 10-ounce packages
- Salmon - 4 6-8-ounce frozen fillets
- Mahi Mahi - 6 1-inch steaks, frozen individually

Meats, Poultry

- Beef, ground - 5-1/2 pounds
- Beef, flank steak - 2 pounds
- Beef, round steak - 1-1/2 pounds
- Beef, sirloin steak - 1 pound
- Beef, stew meat - 1 pound
- Chicken - 8 thighs and 35 boneless, skinless breast halves
- Italian sausage, mild - 2 pounds
- Pepperoni, sliced – 1 8-ounce package (deli section)
- Pork chops - 10 1-inch center cut
- Pork bone-in shoulder - 3-1/2 pounds
- Pork loin - 3 pounds

Canned Goods

- Beef broth - 2 48-ounce cartons
- Black beans – 3 15-ounce cans
- Cranberry Sauce, jellied – 1 15-ounce can*
- Chicken broth - 1 32-ounce carton (3 cups needed)
- Coconut milk – 1 14-ounce can (in Asian section)
- Cream of chicken soup - 2 10.5-ounce cans
- Cream of mushroom soup - 1 10.5-ounce can
- Green chilies, mild, chopped - 2 7-ounce cans
- Green chilies, whole - 1 1-pound-11-ounce can
- Mushrooms, sliced - 1 4-ounce can
- Olives, green, pitted – 1/2 cup needed
- Orange marmalade - 1 tablespoon
- Pineapple slices – 1 20-ounce can (includes 1/4 cup juice needed)
- Pineapple ice cream topping – 1 12-ounce jar*
- Red kidney beans - 1 15-ounce can
- Refried beans - 1 16-ounce can (1 cup needed)
- Salsa – 1 16-ounce jar (1 cup needed)
- Tomato paste - 3 6-ounce cans

- Tomato sauce - 2 15-ounce cans
- Tomatoes, stewed – 1 14.5-ounce can
- Tomatoes, diced with basil, garlic, and oregano - 1 14.5-ounce can
- Tomatoes, crushed in puree - 1 28-ounce can
- V8 juice – 24-ounces

Bakery

- 14 wheat hamburger buns*
- 1 12-inch Italian bread shell (Boboli)

Pasta, Rice, Noodles

- Barley, quick cooking - ½ cup
- Chow mein noodles – 6-ounces needed*
- Pasta, egg noodles – 1 8-ounce package*
- Pasta, Jumbo shells 1 8-ounce package
- Pasta, Small shell - ½ cup needed*
- Pasta, spaghetti - 1 16-ounce package*
- Jasmine rice, uncooked – 1 32-ounce package (3-1/2 cups needed)*
- White rice, uncooked – 1 16-ounce package (1-1/2 cups needed)*
- Tortillas, flour - 16 large*

Seasonings

- Chili sauce - 12-ounces needed
- Pesto with basil, refrigerated (deli section) – 1 7-ounce package (optional)*
- Salsa Verde - 1 15-ounce jar (Mexican food section)

Shopping List for One-Month Cycle B

Produce

- Carrots – 7 (1 cup shredded, 2-1/2 cups chopped)
- Celery – 11 stalks (3-1/2 cups chopped)
- Cucumber – 1 small*
- Garlic, minced – 1 jar (31 cloves)
- Green bell pepper – 8 (1 cut in strips, 6 chopped – [8 cups])
- Green onions – 1 bunch (1/3 cup needed)
- Lettuce -- 1 head (1/2 needed)*
- Lemon --1
- Onion – 10 medium (1-1/2 cut in strips, 8-1/2 chopped [17 cups])
- Onion, red – 1 (2 cups chopped)
- Parsley – 1 bunch (1/2 cup chopped)
- Potatoes – 2*
- Red bell pepper – 2 (1 cut in strips, 1 chopped [1-1/3 cup])
- Red potatoes – 3
- Scotch bonnet pepper –1 (for less fire substitute 1 green bell pepper)
- Tomatoes, fresh – 6 plum tomatoes* (3 chopped, 3 sliced)
- Zucchini – 3 medium (2-1/2 cups chopped)

Dairy

- Buttermilk – 1/2 pint (1 cup needed)
- Mild cheddar cheese, shredded – 1 24-ounce package (22-ounces needed)
- Colby Jack cheese, shredded – 1 16-ounce package
- Half & Half – 1 pint
- Monterey Jack cheese, shredded – 1 8-ounce package* (4-ounces needed)
- Mozzarella cheese, shredded – 2 8-ounce packages (10-ounces needed)
- Parmesan cheese, grated – 1-1/2 cups
- Sour cream – 16-ounce carton*
- Yogurt, plain – 3 6-ounce containers

Frozen

- Corn, whole kernel, frozen – 1 16-ounce package (2 cups needed)
- Hash browns, frozen country-style – 1 12-ounce package
- Mixed vegetables, frozen – 1 16-ounce package
- Peas, frozen – 1 8-ounce package (1/2 cup needed)
- Tortellini, frozen, meat or cheese filled -1 16-ounce package

Meats, Poultry, Fish

- Bacon – 6 slices
- Beef, lean ground – 8 pounds
- Beef, round steak –1-1/2 pounds
- Chicken, boneless, skinless breast halves – 39 breast halves
- Chicken, roasted (rotisserie) – 4 whole (11 cups shredded needed)
- Cod – 1-1/2 – 2 pounds
- Ham – 1-3/4 pounds
- Italian sausage, mild –1 pound
- Lil Smokies – 1 10-ounce package
- Pork loin chops, thick, boneless - 8
- Pork loin country-style ribs – 4-1/2 pounds
- Pork boneless loin roast – 6-1/2 pounds (1 3-pound roast, 1 3-1/2-pound roast)

Canned Goods

- Apricot preserves – 1 11.5-ounce jar
- Bean sprouts – 1 12-ounce can
- Beef broth – 1 48-ounce carton; 1 32-ounce carton
- Black beans – 1 15-ounce can
- Chicken broth – 4 48-ounce cartons
- Claim juice – 1 8-ounce bottle
- Corn, whole kernel – 1 8.75-ounce can
- Cream of chicken soup – 2 10.5-ounce cans
- Cream of mushroom soup – 2 10.5-ounce cans
- Green chilies, chopped – 2 4-ounce cans
- Hominy – 2 15-ounce cans (or Great Northern Beans)
- Mushroom pieces and stems – 2 4-ounce cans
- Olives, ripe, sliced – 2 2-1/4-ounce cans
- Peperoncini peppers – 1 12-ounce jar (4 peppers needed)
- Pineapple, crushed – 1 20-ounce can

- Pinto beans – 1 15-ounce can
- Sour cherries – 1 15-ounce can
- Tomato juice – 1 46-ounce can
- Tomato sauce – 4 8-ounce cans; 1 15-ounce can
- Tomatoes, diced – 1 14.5-ounce can; 3 28-ounce cans

Bakery

- Buns, wheat hamburger – 8*
- Pita pockets – 6*
- Tortillas, large flour – 4*

Pasta, Rice, Beans

- Barley – ½ cup
- Rice – 2-1/2 cups uncooked long grain
- Uncle Ben's Original Long Grain and Wild Rice – 1 6-ounce box
- Dry pinto beans – 1 pound (2 cups)

Seasonings

- Italian salad dressing – ½ cup
- Salsa – 2 14.5-ounce jars
- Taco seasoning – 1 1-ounce packet

Other

- Almonds, sliced – 1 2.5-ounce package (6 tablespoons needed)
- Cashews, salted – 1 2-ounce package (1/2 cup needed)
- Red wine, dry – 1-1/2 cups
- Tortilla chips – 1 large bag*

Shopping List for Two-Week Cycle C

Produce

- Basil leaves, fresh -- 3
- Carrots – 5 medium (2-1/2 cups chopped)
- Cashews – 1 11-ounce package ($\frac{3}{4}$ cup needed*)
- Celery – 8 stalks (2-1/2 cups chopped)
- Garlic, chopped – 1 jar (13 cloves needed)
- Green onions – 1 bunch (2 onions - $\frac{1}{4}$ cup chopped)
- Lettuce – 1 head*
- Mango, large – 1 (1 pound)*
- Mushrooms, fresh white – 3 mushrooms
- Onions – 3 (1/2 sliced, 2-1/2 chopped - 4-1/4 cups)
- Raisins, golden – 1/3 cup
- Tomatoes, fresh – 2*
- Zucchini – 2 medium (1 cup chopped)

Dairy/Refrigerator

- Buttermilk biscuits, refrigerated – 1 12-ounce tube
- Cheddar cheese, shredded mild – 1 8-ounce package
- Cottage cheese, small curd – 1 48-ounce carton
- Monterey Jack cheese shredded – 1 32-ounce package (28-ounces needed)
- Mozzarella cheese, shredded – 1 8-ounce package (6 ounces needed)
- Parmesan cheese, grated – 1/2 cup*
- Pizza dough – 1 13.8-ounce tube refrigerated
- Sour cream – 1 24-ounce carton (3 cups needed)

Deli

- Proscuitto –3 thin slices

Frozen

- Peas, frozen – 1 8-ounce package (1/4 cup needed)

Meats, Poultry, Fish

- Beef, chuck roast – 3 pounds
- Beef, lean ground – 3 pounds
- Chicken, boneless, skinless breast halves – 12

- Chicken, roasted (rotisserie) - 1
- Cod, frozen fillets – 1 pound
- Ham – 1/3 pound
- Italian sausage, hot, sweet, or mixed –1/2 pounds
- Turkey meatballs, Italian-style, ready-to-eat – 3 12-ounce packages
(in meat counter with ground turkey)

Canned Goods

- Artichoke hearts, marinated – 1 14-ounce can (3 halves needed)
- Beef broth – 1 14.5-ounce can
- Beef consommé – 1 10.5-ounce can
- Capers – 1 3.5-ounce jar (1 tablespoon needed)
- Chicken broth – 1 32-ounce carton
- Green chilies, mild, diced – 1 4-ounce can; 1 7-ounce can
- Mango chutney –1 9-ounce jar (1 tablespoon needed)
- Mushroom pieces and stems – 1 8-ounce can
- Olives, chopped, pitted ripe – 1 2-1/4-ounce can
- Pizza sauce – 1 6-ounce can
- Tomatoes, diced – 2 14.5-ounce cans
- Tomatoes, Mexican-style stewed – 1 14.5-ounce can
- Tomato sauce – 2 15-ounce cans
- Tomatoes, stewed – 1 14.5-ounce can
- Turkey gravy – 1 12-ounce jar
- Salsa – 1 8-ounce jar (1 cup needed)

Bakery

- Buns, hamburger 4*
- Tortillas, flour – 12 (5 needed)

Pasta, Rice

- Elbow macaroni – 1 8-ounce package
- Fettuccini – 32-ounce package (24-ounces needed)*
- Noodles, wide egg – 1 12-ounce package* (8-ounces needed)

Seasonings

- Taco seasoning packet – 1-ounce package

Shopping List for Two-Week Cycle D

Produce

- Basil leaves, fresh – 1 bunch (1 cup chopped)
- Celery – 9 medium stalks (3 cups chopped)
- Garlic, chopped – 1 jar (11 cloves needed)
- Green bell pepper – 2 (2-1/3 cups chopped)
- Lemons – 2
- Onions – 2 (4 cups chopped)
- Onions, red – 1 (2 cups chopped)
- Red bell pepper – 1 (1/2 cup chopped)
- Tomatoes – 6*
- Tomatoes, grape – 1 pint

Dairy

- Mozzarella cheese, shredded – 1 24-ounce package (20 ounces needed)*
- Cheddar cheese, sharp, shredded – 1 8-ounce package (4-ounces needed)
- Cream cheese – 2 8-ounce packages
- Half-n-half – 1/2 pint (1/2 cup needed)
- Parmesan cheese, grated – 2-1/2 cups
- Sour cream – 1 8-ounce carton (1 cup needed)

Frozen

- Corn, frozen – 1 16-ounce bag (need 1-1/2 cups)
- Spinach, chopped, frozen – 1 16-ounce bag

Meats, Poultry, Fish

- Beef, lean ground – 4 pounds
- Beef, round steak – 1 pound
- Chicken, boneless, skinless breast halves – 24
- Pork loin roast – 3 pounds
- Tilapia fillets, frozen – 4
- Turkey, ground – 2 pounds
- Turkey meatballs, Italian-style, ready-to-eat – 2 12-ounce packages (in meat counter with ground turkey)

Canned Goods

- Black beans 1 15-ounce can
- Chicken broth – 1 14.5-ounce can (1 cup needed)
- Mushroom pieces and stems – 1 4-ounce can
- Olives, pitted ripe sliced – 1 2-1/4-ounce can
- Pimientos – 1 2-ounce jar
- Salsa – mild, medium or hot – 1 16-ounce jar (2/3 cup needed)
- Cream of celery soup – 1 10.5-ounce can
- Cream of chicken soup – 1 10.5-ounce can
- Tomato soup – 3 26-ounce cans
- Tomato paste – 1 6-ounce can
- Tomato sauce – 1 15-ounce can
- Tuna, oil packed – 2 6-ounce cans
- V8 juice – 2 5.5-ounce cans

Bakery

- Buns, sandwich – 24*
- Italian bread – 1 loaf

Pasta, Rice

- Gnocchi – 1 16-ounce box* (potato dumplings, look on pasta aisle or with frozen pasta)
- Orecchiette (or other small shell pasta) – 1 16-ounce package
- Rice – 1 cup uncooked*
- Uncle Ben's Original Long Grain and Wild Rice– 1 6-ounce box
- Spaghetti – 1 16-ounce package*

Other

- Corn chips – 1 9.5-ounce bag
- Italian-seasoned breadcrumbs –(1½ cups needed)
- Ritz crackers – 1 sleeve (35 crackers)

Shopping List for Gluten-Free Two-Week Cycle

Produce

- Carrots - 3 medium (1-1/4 cups chopped)
- Celery - 1 stalk (1/3 cup chopped)
- Cucumber - 1*
- Garlic, cloves minced – 1 jar (24 cloves needed)
- Green bell pepper - 2 large
- Lemons - 2 (1*)
- Lettuce, romaine - 1 head*
- Onions - 4 medium (3 chopped [5-3/4 cups], 1 cut in wedges)
- Onions, red - 1 medium
- Red potatoes, new - 8
- Tomatoes - 1 large*

Dairy

- Feta cheese, crumbled - 6 ounces
- Parmesan cheese, gluten-free - ½ cup

Frozen

- Artichokes, frozen - 1 8-ounce package (if not available, use canned)
- Broccoli, frozen, chopped – 1 10-ounce package
- Spinach, frozen, chopped - 1 10-ounce package

Meats, Poultry, Fish

- Beef, ground lean - 3 pounds
- Beef, London broil - 2 pounds
- Chicken, boneless, skinless breast halves - 22
- Chicken, whole roaster - 5-7 pounds
- Ham shanks, smoked, or ham bone - 1-1/2 to 2 pounds
- Tuna steaks - 4 (6-ounces each)

Canned Goods

- Beer, gluten-free - 1 12-ounce can*
- Chicken broth, gluten free - 1 14.5-ounce can
- Chickpeas (garbanzos) - 1 15-ounce can
- Chili sauce – 1 12-ounce jar (1 cup needed)
- Mandarin oranges - 1 11-ounce can

- Mushrooms, pieces and stems - 2 8-ounce cans
- Mushrooms, sliced – 1 7-ounce can
- Olives, kalamata, pitted - 1 7-ounce jar
- Olives, ripe, pitted and sliced 1 -2-1/4-ounce can
- Pineapple, chunks - 1 20-ounce can
- Pineapple juice, unsweetened - 2 6-fluid ounce cans (10-ounces needed)
- Tomatoes, diced - 2 14.5-ounce cans
- Tomatoes, diced, unsalted - 2 14.5-ounce cans
- White beans (Great Northern beans), unsalted - 1 14.5-ounce can

Bakery

- Kaiser rolls, gluten free - 4

Pasta, Rice

- Penne or mostaccioli, gluten free* - 1 pound package
- Rice, brown - 1 32-ounce bag* (4-1/2 cups needed)
- Rice, white – 1 16-ounce bag (12 cup needed)
- Yellow split peas - 1 16-ounce package

Seasonings

- Bragg's Liquid Amino - 1 16-fluid ounce bottle (1 cup needed)

Other

- Cashews – 3/4 cup needed
- Peanuts, dry roasted - 1 cup needed
- Sweet rice flour - 1 20-ounce box (9 tablespoons needed)

Shopping List for Summer Two-Week Cycle

Produce

- Cabbage – 1 medium head (about 2 pounds)
- Carrots – 2 large (1 cup shredded)
- Celery – 2 stalks (2/3 cup chopped)

- Dried cranberries – 1 6-ounce package (1/4 cup needed)
- Green bell peppers – 5
- Green onions – 2 bunches (1-1/4 cups chopped)
- Lettuce – 1 head Bibb*
- Lettuce – 1 head iceberg*
- Onions – 5 medium (9-1/2 cups chopped)
- Red bell pepper – 1
- Tomatoes – 2 large*

Dairy

- Cheddar cheese, mild, shredded – 1 24-ounce package (20-ounces needed)
- Monterey Jack cheese, shredded – 1 16-ounce package (14-ounces needed)

Frozen

- Orange juice concentrate – 1 12-ounce can
- Vegetables, Garden Variety mixture such as cauliflower, carrots and asparagus – 1 16-ounce bag

Meats, Poultry, Fish

- Beef, flank steak – 1 pound
- Beef, lean ground – 5 pounds
- Beef, top round or boneless sirloin steak – 2 pounds
- Chicken, boneless, skinless breast halves – 6
- Chicken, drumsticks – 10
- Chicken, roasted (rotisserie) – 3 whole
- Ham – 1-1/3 pounds
- Pork shoulder roast (Boston butt) – 3 pounds
- Orange roughy, individually-frozen fillets – 4 (about 1 pound)

Canned Goods

- Green chilies, diced – 3 4-ounce cans; 1 7-ounce can
- Green chili sauce with pork (preferably Stokes) – 1 15-ounce can
- Green chili enchilada sauce – 1 28-ounce can
- Kidney beans – 1 15-ounce can
- Mushroom pieces and stems – 1 4-ounce can
- Mushrooms, whole – 1 8-ounce can
- Olives, large ripe, pitted, sliced – 2 6-ounce cans
- Tomatoes, diced – 1 14.5-ounce can
- Tomato sauce – 2 8-ounce cans
- Tomato soup – 1 14.5-ounce can

Bakery

- Hard rolls – 10
- Sandwich buns - 14

Pasta, Rice

- Uncle Ben's Long Grain and Wild Rice - 1 6-ounce box

Seasonings

- Teriyaki sauce – 1 10-ounce bottle (1 cup needed)

Other

- Almonds, sliced – 1 2.5-ounce package (1/4 cup needed)
- Cashews – 1 15-ounce package* (1 cup needed)
- Chili seasoning (Williams, or your favorite brand) – 2 1-ounce packages
- Corn chips – 1 9.5-ounce bag (1 cup crushed needed)
- Dry onion mushroom soup mix – 2-ounce box (1 envelope needed)
- Fritos – 1 9.5-ounce bag
- Italian salad dressing – ½ cup
- Pesto with basil – 1 7-ounce carton
- Tortillas, corn, soft – 12 count package* (8 needed)

Shopping List for Two-Week Gourmet Cycle

Produce

- Apples* – 4 small cooking (2 cups wedges)
- Avocado* - 1
- Broccoli, fresh* - 12-ounces
- Carrots – 4 medium (2 cups chopped)
- Celery – 3 stalks (1 cup chopped)
- Cilantro, fresh – 1 bunch (1/4 cup chopped)
- Garlic, chopped – 1 jar (17 cloves needed)
- Green onions – 1 bunch (1 cup chopped)
- Lemon - 1
- Lettuce* - ½ head
- Limes – 2
- Mushrooms* -- 2 cups sliced
- Onions – 4 medium (1-2 cups sliced, 3-5 cups chopped)
- Parsley – 1 bunch (1/2 cup chopped)
- Parsnips – 3 (2 cups chopped)
- Pistachio nuts – 1/4 cup chopped
- Potatoes - 3
- Red bell pepper – 1 (1/2 cup chopped)
- Tomato* --1

Dairy

- Cheddar cheese, mild, shredded – 1-12-ounce package (10 ounces needed)
- Cottage cheese –1- 8-ounce package (1 cup needed)
- Feta cheese, crumbled – 6 ounces
- Gorgonzola cheese, crumbled – 5 ounces
- Half-and-Half – 1/2 pint (1/2 cup needed)
- Milk, 2% -- ½ pint (½ cup needed)
- Monterey Pepper Jack cheese, shredded – 1 12-ounce package
- Parmesan cheese, grated – 1-1/2 cups
- Sour cream – 1 24-ounce carton
- Whipping cream – 1 pint (1 cup needed)
- Yogurt, plain – 2 6-ounce containers

Frozen

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- Corn, whole kernel, frozen – 32-ounce package (4 cups needed)
- Peas, frozen – 8 ounce package (1 cup needed)
- Spinach, chopped – 1 10-ounce box, 1 16-ounce bag

Meats, Poultry, Fish

- Beef, chuck roast – 2-1/2 pounds
- Beef, lean ground (80% lean) – 2 pounds
- Beef, ground round (90% lean) – 2 pounds
- Chicken, boneless, skinless breast halves – 16
- Flank steak – 1-1/2 pounds
- Ham steak – 1-1/2 pounds
- Italian sausage, hot – ½ pound
- Italian sausage, mild – 1 pound
- Pork loin roast – 3-4 pounds
- Pork tenderloin – 1 pound

Canned Goods

- Apple juice (1/2 cup)
- Black beans – 2 15-ounce cans
- Chicken broth– 2 32-ounce cartons, 1 14.5-ounce can
- Crabmeat, lump – 1 6-ounce can
- Kidney beans – 2 15-ounce cans
- Marmalade, orange – 8 ounces
- Mexicorn – 1 11-ounce can (whole kernel corn with red and green pepper)
- Olives, ripe, pitted and sliced - 1 2-1/4-ounce can
- Peperoncini peppers – 1 16-ounce jar*
- Salsa - 16-ounce jar (2 cups needed)
- Tomato sauce – 1 15-ounce can
- Tomatoes, diced – 3 14.5-ounce cans

Bakery

- 1 round crusty peasant loaf*
- 6-8 Hamburger buns
- Hard rolls – 8*

Pasta, Rice

- Mini penne pasta – 1 pound
- Rice – 2-1/2 cups uncooked

Seasonings

- Hoisin sauce – ¼ cup (Asian section)
- McCormick's Chili Seasoning Mix – 2 packages
- Thai Chile Paste (Asian section) (1-1/2 tablespoons)

Other

- Dry white wine – 2/3 cup
- Piecrust, 1 9-inch Pillsbury
- Corn Taco Shells – 1 package
- Dry sherry – ¼ cup