HOW TO MAKE 5 FREEZER FRIENDLY MEXICAN MEALS IN 1 HOUR



SHOPPING LISTAll meals serve 4

* = Optional items

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THINGS YOU PROBABLY HAVE	SHOPPING LIST	Notes	Total Required	Pork Carnitas	Homemade Enchilada	Mexican Pizzas	Mexican Sliders	Mexican Lasagna	Soup	Quesadillas
THINGS YOU PROBABLY HAVE			Required	Carrillas		FIZZGS	Silueis	Lasagiia		
Olive oil	THINGS YOU PROBABLY HAVE									
Olive oil	Vegetable oil		1/4 cup		1/4 cup					
Plain flour				1 tbsp			1/2 tbsp		1 tbsp	1/2 tbsp
Butter	Plain flour				1/4 cup					
Brown sugar	Butter						1 1/2 tbsp			1 1/2 tbsp
Balsamic Vinegar Saft and pepper Sprices	Brown sugar				1 tbsp					1 1/2 tbsp
Salt and pepper SPICES S			-		·		-			1 tbsp
SPICES	1 =						,			,
Chilli powder *										
Dried oregano			1/2 tsp		1/4 tsp				1/4 tsp	
☐ Cumin powder 5 tsp 2 tsp 1 tsp 2 tsp 1 tsp			-	1 tbsp					, ,	
Garlic powder									2 tsp	
Onion powder				•						
Paprika powder										
Chicken or vegetable stock (broth) FRESH PRODUCE	l —		•						1 tsp	
Parsley or coriander (chopped)										
Red capsicum			, ,						, , ,	
Red capsicum			4 tbsp			2 tbsp	1 tbsp	1 tbsp		1 tbsp*
Brown onions						•			1	0.5
Shallots/scallion (stalks)				1			2			2
☐ Jalapeno * 1 1 1 2 2 cloves 3 cloves 4 cloves <t< td=""><td></td><td></td><td></td><td>_</td><td></td><td>4</td><td>_</td><td></td><td>_</td><td>_</td></t<>				_		4	_		_	_
Garlic 6 cloves 4 cloves 2 cloves 1 Oranges 2 2 1 Avocado * 5 1 1 BUTCHER 8 1 1 Pork Shoulder - 2.5kg/5lb bone in, 2kg/4lb without bone 1 1 DAIRY 1 1 Mozarella cheese 8 600g/20oz 1/2 cup 1/2 cup 1 cup 1/2 cup Grated tasty cheese * 5 60g 1/4 cup 1/4 cup 1/4 cup 1/4 cup 1/4 cup 1/4 cup 800g/28oz 800g/28oz 800g/28oz 800g/28oz 800g/28oz 1/2 cup 400g/15oz 400g/15oz <td></td> <td></td> <td></td> <td>1</td> <td></td> <td>•</td> <td></td> <td></td> <td></td> <td></td>				1		•				
☐ Oranges 2 2 1 2							2 cloves			
☐ Avocado * 5 1 <t< td=""><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></t<>										
BUTCHER Pork Shoulder - 2.5kg/5lb bone in, 2kg/4lb without bone DAIRY Mozarella cheese		5		_					1	
Pork Shoulder - 2.5kg/5lb bone in, 2kg/4lb without bone			_						_	
2kg/4lb without bone										
☐ Mozarella cheese 8 600g/20oz 11/2 cups 1/2 cup 1 cup 11/2 cup ☐ Grated tasty cheese * 5 60g 1/2 cup 1/2 cup 1/2 cup ☐ Sour cream * 5 1/4 cup 1/4 cup 1/4 cup CANNED 800g/28oz 800g/28oz 800g/28oz 800g/28oz 800g/28oz 1/2 cup 400g/15oz 400g/15oz 400g/15oz 1/2 cup 400g/15oz 400g/15oz 400g/15oz 1/2 cup 400g/15oz 400g/15oz <td></td> <td></td> <td>1</td> <td>1</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td>			1	1						
Grated tasty cheese * 5 60g 1/2 cup 1/4 cup Sour cream * 5 1/4 cup CANNED Passata (800g/20oz large cans) 2 2 cans Corn kernels (400g/15oz cans) 3 3 cans Black beans 7 2 cans Lebanese flatbreads 1 4 4 4 Soft white bread rolls 4 4 4										
GANNED 5 1/4 cup 1/4 cup CANNED 800g/28oz 800g/28oz 800g/28oz Passata (800g/20oz large cans) 2 2 cans 800g/28oz Corn kernels (400g/15oz cans) 3 3 cans 1/2 cup 400g/15oz 400g/15oz Black beans 7 2 cans 400g/15oz 400g/15oz 400g/15oz BREADS 1 4 4 4 4 Soft white bread rolls 4 4 4 4	Mozarella cheese	8	600g/20oz			1 1/2 cups	1/2 cup	1 cup		1 1/2 cups
CANNED Black beans 2 cans 800g/28oz 800g/28oz 800g/15oz 400g/15oz 400g/15oz 400g/15oz 400g/15oz 1/2 cup 400g/15oz	Grated tasty cheese *	5	60g						1/2 cup	
Passata (800g/20oz large cans) 2 2 cans 800g/28oz 400g/15oz 400g/15oz 1/2 cup 400g/15oz 400g/15oz 1/2 cup 400g/15oz 400g/15oz 400g/15oz 1/2 cup 400g/15oz	Sour cream *	5	1/4 cup						1/4 cup	
Corn kernels (400g/15oz cans) 3 3 cans 1/2 cup 400g/15oz 400g/15oz 1/2 Black beans 7 2 cans 400g/15oz 400g/15oz 400g/15oz Lebanese flatbreads 1 4 4 4 Soft white bread rolls 4 4 4										
Black beans 7 2 cans 400g/15oz 400g/15oz BREADS					800g/28oz				800g/28oz	
BREADS Lebanese flatbreads Soft white bread rolls 4 4 4						1/2 cup				1/2 cup
Lebanese flatbreads 1 4 4 4 5 Soft white bread rolls 4 4		7	2 cans				400g/15oz	400g/15oz		
Soft white bread rolls 4 4										
	1 	1				4				
							4	_		0
	—		13					5		8
OTHER 5 50g / 1.5 oz 5		_	E0g / 1 E o-						E0g / 1 E c-	
Corn Chips or Doritos * 5 50g / 1.5 oz 50g / 1.	· -	5	JUB / 1.5 UZ						JUB / 1.5 0Z	
Enchilada sauce 6 3 1/2 cups 1 cup 1/2 cup 2 cups		6	3 1/2 cuns			1 cun	1/2 cun	2 cuns		
									2 cuns	1 1/2 cups

- 1. Large flatbreads (about 30cm /12 inches in diameter) to use as pizza bases.
- 2. Or crushed tinned tomatoes.
- 3. You can get either canned or frozen corn.
- 4. You may have leftover Pork Carnitas. 2.5kg/5lb (bone in) makes about 10 cups. Keep leftovers in a ziplock bag in the freezer.
- 5. Optional toppings for Taco Soup.
- 6. If you prefer to use store bought Enchilada Sauce, you will need to purchase 825ml/28oz which equals 3 1/2 cups.
- 7. You can substitute black beans with red kidney beans.
- 8. Cheese for all other than pizza can be substituted with any good metling cheese.