

---

---

# SHOPPING LIST 1

COOKING SCHOOL

## MANGO GUACAMOLE

2 MEDIUM RIPE AVOCADOS  
1 MEDIUM MANGO  
1 ROMA TOMATO  
1 RED ONION  
1 CLOVE GARLIC  
1 JALAPENO  
1 MEDIUM LIME  
CUMIN  
SALT  
PEPPER

## MEXICAN CHOCOLATE SAUCE

DARK CHOCOLATE CHIPS  
HEAVY CREAM  
CINNAMON  
CAYENNE PEPPER  
SALT

## FREEZER BURRITOS

1 LB GROUND BEEF, TURKEY, OR BEANS  
1 ONION  
SALT  
PEPPER  
1 CAN REFRIED BEANS  
1 CAN (4 OZ) DICED GREEN CHILES  
1 CAN GREEN ENCHILADA SAUCE  
1 CAN RED ENCHILADA SAUCE  
SALSA  
CUMIN  
CHILI POWDER  
GARLIC POWDER  
SHREDDED CHEESE  
10 TEN-INCH FLOUR TORTILLA

